

Potato



How do I store them? Potatoes should be stored in a cool, dry, dark place.

How do I eat them? They can be baked, steamed, fried, pureed, mashed, stuffed, roasted, grilled, and even boiled. They are often paired with dairy products like milk, cheese, and butter.

What's so great about them? Potatoes have fiber to help you stay full, vitamin C, potassium, folate, B vitamins, and minerals.

Potato Fun Facts

- Potatoes were introduced to North America in 1719
- They vary in size, shape, and even color.
- They are the fourth most important crop in the world!
- Many different cultures use potatoes in their meals.
- Some examples are: hash browns, patatas bravas, rösti, potato gnocchi, samosas, and latkes.

Potato Soup



Cook Time: 30 minutes

RECIPE

Servings: 8

Ingredients:

- 2 lbs of potatoes (6 medium sized), washed and chopped, peeled if preferred
- 3 cups of milk
- 4 tablespoons of butter
- salt and pepper to taste

* Add ins like cheese, bacon, onions, crackers, and other seasonings available can be used

Instructions

1. Add chopped potatoes into a soup pot and cover with milk (water can be added to provide more cooking liquid if needed)
2. Add butter and cook on medium heat, stirring occasionally, until potatoes are fork tender
3. Remove from heat and ladle soup in bowls.

Serving size: 1 1/2 cups; **Calories:** 320; **Protein:** 8.5 g; **Carbohydrates:** 53g; **Fiber:** 6g; **Sodium:** 102 mg