

Hearty Potato Celery Soup

Makes 8–10 servings | A diabetic-friendly, slow-cooker recipe

Ingredients:

- 1 bunch celery, chopped
- 1 large yellow onion, chopped
- 1 pound white potatoes, chopped
- 3 garlic cloves, minced
- 4 cups chicken stock
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup milk



Directions

1. Place celery, onion, potatoes, garlic, chicken stock, salt, and pepper in a 3-quart slow cooker.
2. Cook on “low” setting for 5 to 7 hours.
3. Puree soup in batches in a blender and return to the slow cooker.
4. Just before serving, stir in milk.

Cooking Tidbit

Did you know that potatoes are a great source of potassium? They have even more than a banana!