



Ham and Cheddar Soup

PREP: 30 min.

INGREDIENT LIST:

- 2 cups peeled (or unpeeled) potatoes, diced
- 2 cups water
- 1/2 cup carrots, sliced
- 1 cup frozen corn (substitute peas if preferred)
- 1/4 cup onion, chopped
- 1/4 cup butter, cubed
- 1/4 cup all-purpose flour
- 2 cups 2% milk
- 1/4 to 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 cups shredded cheddar cheese
- 1 1/2 cups cubed, fully cooked ham

*** Chad likes to add lots of cayenne pepper.

RECIPE INSTRUCTIONS:

1. In a large saucepan, combine the potatoes, water, carrot, corn, and onion. Bring to a boil. Reduce heat; cover and cook until tender, 10-15 minutes.
2. Meanwhile, in another saucepan, melt butter. Stir in flour until smooth. Gradually add the milk, salt, and pepper. Bring to a boil; cook and stir until thickened, about 2 minutes.
3. Stir in cheese until melted. Stir into the undrained potato mixture. Add ham (and cayenne pepper if adding). Season to taste with salt and pepper.

