



## Cheese and Potato Stew

### Ingredients:

- 2 1/2 pounds peeled and diced potatoes
- 1/2 cup celery, finely diced
- 1/2 cup carrots, finely diced
- 1/4 cup chopped onion
- 1 cup chicken broth
- 1 Tbsp. fresh parsley, finely chopped
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. low sodium soy sauce
- Dash of freshly ground pepper
- 1/4 tsp. ground thyme
- 1 1/2 cups milk
- 2 Tbsp. flour
- 2 cups shredded cheddar cheese

### Directions:

In a Dutch oven or stock pot, combine potatoes, celery, carrots, onion, parsley, chicken broth, Worcestershire sauce, soy sauce, pepper and thyme. Bring to a boil. Cover, reduce heat and simmer 15-20 minutes or until potatoes are tender.

Gradually add milk to flour to blend. Pour milk mixture into vegetables and cook, stirring constantly until thickened. Add grated cheese and stir until melted.

Makes 8 cups.