

## Food

### Potato Soup!

#### Instructions

- **Potatoes** – I prefer to use russets. You'll need 2 pounds, about six medium. You can also use Yukon gold potatoes.
- **Water** – You will need enough fresh, clean water to cover the potatoes.
- **Milk** – I use whole milk in my potato soup. You can also use your favorite dairy-free milk substitute.
- **Butter** – the butter adds so much flavor to this soup.
- **Salt** – add salt to taste for seasoning.
- **Pepper** – add pepper to taste.

#### Instructions

1. **Prep potatoes.** begin by scrubbing your potatoes clean, peeling, and then cutting them into about 2-inch chunks. Place the potatoes into a large soup pot (I use my Dutch oven), cover it with clean water, and stir.
2. **Cook.** Cook over medium heat until the potatoes are fork-tender, about 20 minutes. Remove from the heat and drain away the water from the potatoes. Add your whole milk and butter to the potatoes and place back on medium heat. Allow the milk to bubble slightly around the edges of the soup pot, about 5 to 10 minutes.
3. **Season.** Remove from the heat and season with salt and pepper to taste.

#### Nutrition

Calories: 171kcal | Carbohydrates: 18g | Protein: 5g | Fat: 8g | Saturated

Fat: 5g | Cholesterol: 24mg | Sodium: 100mg | Potassium: 589mg | Fiber: 2g | Sugar: 4g | Vitamin

A: 325IU | Vitamin C: 13mg | Calcium: 139mg | Iron: 3.7mg

## Fun

Bake Cookies together! Start a family tradition - watch a movie and pop some popcorn at home - or - wrap presents together - or - Ring the Bell for the Salvation Army - or - volunteer at the Animal Shelter

## Family

Over breakfast talk about any of these:

- Favorite memory from this year
- Favorite meal
- Do a “share” time - what are you “thankful” for and everyone talk
- Color this picture

