



NOVEMBER 2018

Best Ever Potato Soup

You'll be surprised at the delicious taste of this rich and cheesy easy potato soup!

Total Time: 40 minutes
Yield: 8 servings

Ingredients

- 6 bacon strips, diced
- 3 c. cubed and peeled potatoes
- 1 small carrot, grated
- ½ c. chopped onion
- 1 Tbsp. dried parsley flakes
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. celery seed
- 1 can (14½ oz.) chicken broth
- 3 Tbsp. all-purpose flour
- 3 c. 2% milk
- 8 oz. process cheese (Velveeta), cubed
- 2 green onions, thinly sliced, optional



Directions

1. In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally; drain drippings. Add vegetables, seasonings and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10–15 minutes.
2. Mix flour and milk until smooth; stir into soup. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes. Stir in cheese until melted. If desired, serve with green onions.

Nutrition Facts (1 cup)

250 calories, 13 g. fat (7 g. sat. fat), 35 mg. cholesterol, 823 mg. sodium, 22 g. carbohydrate (8 g. sugars, 2 g. fiber), 12 g. protein

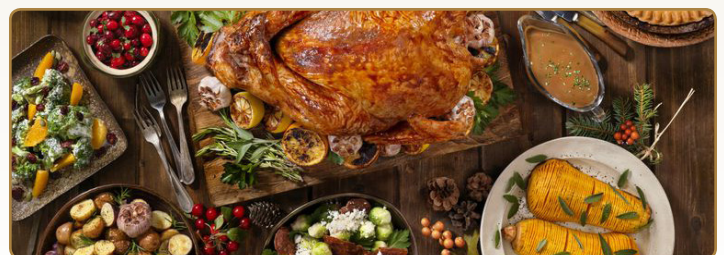
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“WEAR GRATITUDE LIKE A CLOAK & IT WILL FEED EVERY CORNER OF YOUR LIFE.”
—RUMI

10 Fascinating Facts About Thanksgiving

Whether you're looking for a good conversation starter or just want to know more about Thanksgiving, these facts will make you look like the smartest person at the dinner table.

1. **Did colonists and Native Americans eat turkey at their feast?** There is no definitive proof that the bird was offered to guests in 1621. However, they did indulge in foods like lobster, seal, and swan.
2. **Today, a part of Plymouth, Massachusetts, looks just as it did in the 17th century:** Modeled after an English village and a Wampanoag home site, the historic attraction Plimoth Plantation stays true to its roots. You can attend a Thanksgiving dinner complete with authentic courses, tales of colonial life, and centuries-old songs.
3. **Thomas Jefferson refused to declare Thanksgiving as a holiday.** Since Thanksgiving involved prayer, Jefferson thought making it a holiday would violate the First Amendment.
4. **The woman behind “Mary Had a Little Lamb” is also responsible for Thanksgiving’s recognition as a national holiday:** In 1863, writer and editor Sarah Josepha Hale wrote countless letters to convince President Abraham Lincoln to officially declare Thanksgiving a reoccurring national holiday.
5. **The first Macy’s Thanksgiving Day Parade didn’t feature any balloons.** However, when the parade made its big debut in 1924, it actually featured animals from the Central Park Zoo.
6. **A Thanksgiving mix-up inspired TV dinners:** In 1953, a Swanson employee accidentally ordered 260 tons of Thanksgiving turkeys. Salesman Gerry Thomas came up with the idea to fill 5,000 aluminum trays with the turkey, along with cornbread, gravy, peas, and sweet potatoes. They were sold for 98¢ each, and became a major hit.
7. **Not everyone eats turkey on Thanksgiving:** According to the National Turkey Federation, only 88% of Americans chow down on turkey. What interesting dishes are the other 12% cooking up?
8. **Some turkeys are pardoned by the President!** George H.W. Bush pardoned the first turkey in 1989, and the tradition persists today. Some have served as grand marshals in Thanksgiving parades, and some have vacationed at Washington’s Mount Vernon estate!
9. **Only male turkeys actually gobble.** Only male turkeys, called gobblers, actually make the sound. Female turkeys cackle instead.
10. **Black Friday is the busiest day of the year for plumbers.** Roto-Rooter says that kitchen drains, garbage disposals, and toilets require more work the day after Thanksgiving than any other day of the year.



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