



Potato and Mint Soup

- 1 oz dripping, cooking fat or margarine
- 1 onion, chopped
- 1 1/2 lb potatoes, peeled and thinly sliced
- 2 pints stock or water
- Salt and Pepper to taste
- 1/4 to 1/2 pint milk (optional)
- 1-2 level tablespoons chopped mint

Melt the fat and gently fry the onions and potatoes without browning.
Add the stock or water and seasoning and boil gently until tender, about $\frac{3}{4}$ hour.
Mash or rub through a sieve.
Add the milk, if using, and the mint and reheat.
Serve very hot.



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The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations. This leaflet is from April/May 1947.