

## Red Potato Soup

3 medium red potatoes, peeled and cut into 1 inch cubes  
2 cups water  
1 small onion, finely diced  
3 cups milk  
3 Tbsp flour  
3 Tbsp butter  
red pepper flakes, crushed  
1/2 tsp sugar  
ground black pepper to taste  
1 cup cheddar cheese, shredded



### Directions

Bring water to a boil in a large pot and cook the potato cubes until tender. Drain the potatoes, reserving one cup of the liquid, and set aside. Melt the butter in a saucepan over medium heat and sauté onion, stirring frequently, until the onion is translucent and tender but not brown. Add flour to the saucepan, season with red pepper flakes and black pepper to taste. Cook 3-4 minutes. Slowly add the potatoes, the cup of cooking liquid you held in reserve, milk and sugar. Stir well. Add the cheddar cheese, stirring frequently, and simmer over low heat for 30 minutes.