

Day 2: Piedmont March 19, 2022

Shopping List

- 1 onion
- 3 whole carrots
- 3 stalks celery
- 6 whole small russet potatoes
- 8 cups low sodium chicken or vegetable broth *or vegetable bouillon cubs
- 3 tbsp. all-purpose flour
- 1 cup milk
- 1/2 cup heavy cream or half and half
- salt
- Black pepper
- Cajun seasoning
- fresh or dry parsley (optional)
- 1 cup grated cheese of your choice

Materials

- Cutting board
- Knife (preferably a chef knife)
- Paring knife or peeler
- Dry measuring cups
- Liquid measuring cups
- Immersion blender, food processor, or blender (optional)
- Large pot
- 1 large spoon
- Ladle (Optional)