



LOADED BAKED POTATO SOUP

Ingredients:

- 2 Tbsp olive oil
- 5 cloves garlic, minced
- 4 green onions, sliced
- 1/2 lb cooked lean ham, diced
- 3 cups 1% low-fat milk
- 2/3 cup all-purpose flour
- 3 cups unsalted chicken broth
- 2 lbs unpeeled potatoes, finely diced
- 1 Tbsp Italian seasoning (*salt-free*)
- 1 1/2 cups reduced-fat shredded cheddar cheese, divided
- 1/2 cup plain non-fat Greek yogurt

30 Min | Serves 8

Nutrition Facts

8 servings per recipe	
Serving size	(378g)
Amount per serving	300
Calories	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 540mg	23%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 341mg	25%
Iron 2mg	10%
Potassium 813mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation:

1. In a large stockpot, heat oil over medium. Add garlic, onions & ham. Cook 2-3 minutes, stirring throughout.
2. Gradually stir in milk & flour. Cook 2-3 minutes or until thickened, stirring constantly.
3. Stir in broth, potatoes & Italian seasoning. Bring to a boil. Reduce heat to medium-low. Cover & simmer 15-20 minutes or until potatoes are fork-tender, stirring occasionally.
4. Remove from heat. Use a fork or potato masher to smash potatoes. Stir in 1 cup cheese. Mix well.
5. Serve topped with remaining cheese & yogurt.

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