

Recipe of the Month – March 2022

Loaded Potato Soup

Serves 4

Serving Size: 1½ cups

Cost per Serving: \$1.10

Ingredients:

4 medium potatoes (*peeled & cubed*) about 4 cups

1 onion, chopped (*about 1 cup*)

1 teaspoon garlic powder

½ teaspoon ground black pepper

2 cups low sodium chicken or vegetable broth

1 cup frozen peas

1 cup nonfat milk

¾ cup shredded cheddar cheese

Optional garnishes: sliced green onion, shredded cheese, crumbled bacon, diced ham, croutons, soup crackers



Directions:

1. Combine potatoes, onion, garlic powder, ground black pepper, and broth in a large saucepan. Cover and cook over medium high heat until boiling.
2. Reduce heat to medium. Simmer until potatoes are tender, stirring occasionally. (12 –15 minutes)
3. Use a potato masher or fork to slightly mash the potatoes. This will also thicken the soup. There should still be pieces of potato in the soup.
4. Stir in the peas, milk, and shredded cheese. Cook and stir until the cheese is melted (3-4 minutes).
5. Add garnishes and serve right away.

Nutrition Facts per Serving: 340 calories, 8g total Fat (4.5g sat. fat), 20mg.Cholesterol, 240mg Sodium, 53g Carbohydrates, 7g Fiber, 9g Sugar, 16g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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