

Loaded Potato Soup



Ingredients



Adapted from *Iowa State Extension*

- 4 medium potatoes (peeled and cubed) (about 4 cups)
- 1 onion, chopped (about 1 cup)
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 2 cups low sodium chicken or vegetable broth
- 1 cup frozen peas
- 1 cup nonfat milk
- 3/4 cup shredded cheddar cheese
- Optional garnishes: sliced green onions, shredded cheese, crumbled bacon, diced ham, croutons, soup crackers



Directions



Yield: 4 servings **Serving size:** 1 1/2 cup

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!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!

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Fast Facts



Featured Food Groups



Cooking Tips



- Baked potatoes can be used in place of uncooked potatoes to speed the cooking time. Peel the baked potatoes and combine them with the other ingredients in a saucepan. Cook over medium heat until the soup is heated through.
- Wash and dry all fresh produce before preparation.

Second Harvest is an equal opportunity provider.

Nutrition Facts	
4 servings per recipe	
Serving Size: 1 1/2 cups	
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrates 53g	19%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 276mg	20%
Iron 3mg	15%
Potassium 1235mg	25%
* 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.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	



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