



Loaded Potato Soup

Make this reviewer favorite the star attraction of your next soup night. Kids of all ages will enjoy topping it with bacon and cheese.

Yield: 4 servings (serving size: about 1 1/4 cups)

Photo by: Photo: Johnny Autry; Styling: Cindy Barr

Ingredients

4 none (6-ounce) red potatoes	1/4 cup reduced-fat sour cream
2 teaspoons olive oil	1/2 teaspoon salt
1/2 cup prechopped onion	1/4 teaspoon freshly ground black pepper
1 1/4 cups fat-free, lower-sodium chicken broth	3 none bacon slices, halved
3 tablespoons all-purpose flour	1.5 ounces cheddar cheese, shredded (about 1/3 cup)
2 cups 1% low-fat milk, divided	4 teaspoons thinly sliced green onions

Preparation

1. Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly.
2. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onion; sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat; stir in sour cream, salt, and pepper.
3. Arrange bacon on a paper towel on a microwave-safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.
4. Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.

Note:

This recipe originally ran in Cooking Light October, 2010 and was updated for the November, 2012 25th anniversary issue.

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Nutritional Information

Amount per serving

Calories: 325none Fat: 11.1g Saturated fat: 5.2g Monounsaturated fat: 4.5g Polyunsaturated fat: 0.8g

Protein: 13.2g Carbohydrate: 43.8g Fiber: 3g Cholesterol: 27mg Iron: 1.3mg Sodium: 670mg Calcium: 261mg

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