

Homemade Potato Soup

Ingredients:

32 oz Chicken Broth

3 lb russet potatoes – peeled & cut

½ onion - diced

5 cloves garlic – minced

2 Tbsp salt

1 tsp pepper

½ cup heavy cream OR ½ cup milk + 1 Tbsp cornstarch

7-8 servings sour cream – garnish

7-8 oz shredded cheddar cheese – garnish

4-5 slices cooked bacon - garnish

Directions:

Put chicken broth, potatoes, onion and garlic in the crock pot. Stir.

Add salt and pepper.

Cook on low 7-8 hours or on high 3-4 hours. Stir occasionally.

When potatoes are very tender, mash potatoes to desired consistency.

Add more salt and pepper if needed.

Stir in heavy cream. OR mix milk & cornstarch and then stir into soup.

Serve hot and garnish with shredded cheese, crumbled bacon, and sour cream.

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Homemade - Chicken Broth, 3 cup	150	0	0	15	108	0
Generic - Russet Potatoes, Baked, 3 lb	2,640	540	0	60	0	24
Onions - Yellow, Sauteed 1 ½ cup	58	4	5	0	5	2
Spice World - Minced Garlic, 2.5 tsp	0	3	0	0	0	0
Kroger - Vitamin D *whole* Milk, 4 fl oz	75	6	4	4	60	6
Argo - Cornstarch, 1 tbsp	30	7	0	0	0	0
Mild Shredded Cheddar Cheese, 1 ¾ cup	770	7	63	49	1,260	0
Daisy - Sour Cream -14 tbsp	420	7	35	7	105	7

Total:	4,143	574	107	135	1,538	39
Per Serving:	592	82	15	19	220	6