



## SLOW COOKER POTATO SOUP

Be sure to use waxy potatoes, such as red or Yukon Gold, in this crockpot potato soup recipe. The result will be creamier than if you use starchy varieties like russets. Load your bowl up like a classic baked potato

 15 minutes

 4 hours and 30 minutes

 10 cups

## INGREDIENTS

- 3 pounds waxy potatoes cut into 1-2 inch cubes
- 1 medium onion, chopped
- 2 cloves of garlic, raw (6 g), chopped
- 1.5 tsps of salt, table (9 g)
- 1 tsp of thyme, fresh (1 g) chopped
- 1/2 tsp, ground of spices, pepper, black (1 g)
- 4 cups chicken or vegetable broth
- 1.5-2 cups light cream

## COOKING METHOD

- 1<sup>o</sup> Step 1 Combine potatoes, onion, garlic, salt, thyme, pepper and broth in a 6-quart slow cooker. Cook on High for 4 hours or on Low for 8 hours. [Or see Stovetop Variation, below.]
- 2<sup>o</sup> Step 2 Add 1 1/2 cups cream and blend the soup with an immersion blender (or in batches in a regular blender) until smooth. If the soup is too thick, add the remaining 1/2 cup cream. Serve with desired toppings. **Tips** Tip: Try one of these topping combos: --Go taco with pico de gallo, tortilla strips sliced jalapeños and crumbled cotija cheese. --Make it Alfredo with sun-dried tomatoes, chopped cooked chicken, chopped cooked broccoli and grated Parmesan cheese. --Try pizza with pesto, marinara sauce, diced pepperoni and shredded mozzarella cheese. **Stovetop Variation:** Heat 2 Tbsp. extra-virgin olive oil in a large pot over medium-high heat. Add onion and cook until starting to soften, about 3 minutes. Add garlic, salt, thyme and pepper and cook, stirring, until fragrant, about 1 minute. Add potatoes and broth. Bring to a boil. Reduce heat, cover and simmer until the potatoes are tender, about 15 minutes. Continue with Step 2. **Equipment:** 6-qt. slow cooker

## NUTRITIONAL INFORMATION

	PER 100 g	PER CUP (257 g)	% DRI
ENERGY	67 kcal	172 kcal	9 %
FAT	3 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	24 %
CHOLESTEROL	10 mg	27 mg	9 %
SODIUM	249 mg	641 mg	27 %
CARBOHYDRATE	9 g	24 g	8 %
SUGARS	1 g	3 g	—
FIBER	1 g	3 g	14 %
PROTEIN	1 g	3 g	—