

The Best Potato Soup Recipe Ever

Ingredients:

4 Russet Potatoes
4 Cups Chicken Broth
8 Oz Pkg Cream Cheese
Small Onion
½ tsp Seasoned Salt
¼ tsp Pepper
¼ tsp Cayenne Pepper
Bacon & Cheddar Cheese to Top as Desired

To Make:

Peel, rinse and cut 4 cups of russet potatoes (this is about 4 potatoes for me but it may vary).

Put potatoes in a pot with 4 cups of chicken broth (Swanson or College Inn/No Added MSG/Low Sodium taste best to me if you don't have fresh available to you. The broth used greatly affects the taste of the soup.

Finely chop 1 small onion and add to the pot. My family doesn't like onion but the soup loses its bite without it. I put the onion in the food processor until it is basically paste.

Add seasoned salt, pepper and cayenne pepper and stir.

Place on medium heat and leave it there. The soup will eventually boil (don't change the temperature). Stir occasionally.

When potatoes are tender, use the back of your spoon to smash a few against the side of the pot. Depending on your stove and size of the potatoes, the time will vary but it takes mine about 45 minutes.

Turn the heat to low. Add cream cheese and stir to break up the cream cheese and incorporate it into the soup. Continue to heat and stir until smooth. Don't be tempted to turn the heat up – it will end up almost curdling the soup.

Serve with crumbled bacon and shredded cheddar cheese.

Serves 4.

<https://change-diapers.com/the-best-potato-soup-recipe-ever/>

Nutrition Facts

Serving Size 1/4 of recipe 464g (463 g)

Servings per container 4

Amount Per Serving

Calories 356 **Calories from Fat** 183

% Daily Value*

Total Fat 21g 32%

Saturated Fat 11g 56%

Trans Fat

Cholesterol 62mg 21%

Sodium 260mg 11%

Total Carbohydrate 34g 11%

Dietary Fiber 2g 9%

Sugars 4g

Protein 12g

Vitamin A 15% • **Vitamin C** 17%

Calcium 9% • **Iron** 12%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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