

## Spicy Hot Potato Soup



*Recipe created by Cabot Creamery*

Makes 10 1-cup servings

Prep time: 20 minutes

Cook time: 1 hour

2 bacon slices  
1 cup chopped carrots  
1 cup chopped poblano chiles  
1 cup chopped onion  
2 tablespoons minced seeded jalapeno pepper  
1/2 teaspoon cumin  
3 minced garlic cloves  
2 16-ounce cans fat free chicken broth  
5 cups diced peeled baking potatoes  
1/2 teaspoon salt  
1/3 cup flour  
2 1/2 cups skim milk  
5 ounces reduced fat Jalapeno Cheddar cheese  
2 ounces reduced fat Cheddar cheese  
2/3 cup onion

Cook bacon until crisp. Remove bacon from pan leaving 1 tablespoon drippings in pan. Crumble bacon, set aside. Add carrots and next 5 ingredients to drippings. Sauté until golden brown. Stir in broth and add potato and salt. Bring to a boil. Cover, reduce heat and simmer 25 minutes or until potato is tender. Combine flour and milk in a small bowl stirring with a whisk. Add to pan slowly. Cook over medium heat until thick, about 12-15 minutes. Remove from heat. Add reduced fat and Jalapeno Cheddar cheese, stirring until melted.

Serve in bowls topped with green onions and crumbled bacon.

### **Nutritional Facts Per Serving for meal recipe:**

Calories: 171

Fat: 3 g

Saturated Fat: 2 g

Cholesterol: 8 mg

Sodium: 705 mg  
Calcium: 20% Daily Value  
Protein : 8 g  
Carbohydrates: 27 g

\* Lowfat means less than 3g of fat per 100g and not more than 30% of calories derived from fat.

© 2004 American Dairy Association® managed by Dairy Management, Inc.™ All rights reserved.

**Source: [www.3aday.org](http://www.3aday.org)**

**[www.fightosteonow.org](http://www.fightosteonow.org)**