



Cooking Light

Loaded Mashed Potato Soup

- **Yield:** Serves 6 (serving size: 1 cup soup, about 1 tablespoon cheese, 1 1/2 teaspoons bacon, and about 2 1/2 teaspoons green onions)

Ingredients

- Cooking spray
- 3/4 cup chopped onion
- 3 garlic cloves, minced
- 1 thyme sprig
- 1 (25-ounce) package unsalted chicken stock
- 1/4 teaspoon freshly ground black pepper
- 1 (24-ounce) package refrigerated mashed potatoes (such as Simply Potatoes)
- 1/4 cup plain 2% reduced-fat Greek yogurt
- 2 tablespoons chopped fresh dill
- 1/3 cup sliced green onion tops
- 1.5 ounces sharp cheddar cheese, shredded (about 1/3 cup)
- 3 bacon slices, cooked and crumbled

Preparation

1. Heat a Dutch oven over medium heat. Coat pan with cooking spray. Add onion; cook 8 minutes or until tender, stirring frequently. Add garlic and thyme; cook 2 minutes, stirring frequently. Add stock; simmer 20 minutes. Remove and discard thyme sprig. Place half of stock mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining stock mixture.
2. Return stock mixture to pan; add pepper and potatoes, stirring with a whisk until combined. Bring to a simmer; cook 5 minutes. Remove from heat; stir in yogurt and dill. Ladle into serving bowls; top with green onions, cheese, and crumbled bacon.

Nutritional Information

Amount per serving: Calories 200, Fat 9.7 g, Sat fat 5.8 g, Protein 10 g, Carbohydrate 19 g

Reasons to Make this Recipe:

- ✓ Pair with a lettuce salad for a perfect meal.
- ✓ Meatless option for a Monday.
- ✓ Substitute whole potatoes from your garden harvest in place of the refrigerated mashed potatoes.