

# Cream of Potato Protein Soup

*Prep Time: 15 minutes*

*Cook Time: 30 minutes*

*Total Time: 45 minutes*

*Servings: Approximately 6 servings (12 oz each)*

## **Nutritional Information (per 12 oz serving):**

- Protein: Approximately 20-21 grams (Varies based on the Greek yogurt and cheese used)

## **Ingredients:**

- For Sautéing:
  - 2 tablespoons olive oil
  - 1 large onion, chopped
  - 2 celery stalks, diced
  - 1 large carrot, diced
  - Salt and pepper to taste
- For the Soup Base:
  - 4 cups chicken or vegetable broth
  - 2 cups instant potatoes
- For Seasoning:
  - Garlic powder (to taste)
  - Onion powder (to taste)
- For Creaminess and Flavor:
  - 1 cup sharp cheddar cheese, shredded (added at the end)
  - 2 cups nonfat Greek yogurt (added at the end)
- For Garnish:
  - ½ cup bacon bits, crisped in a pan and drained or microwaved
  - Chopped green onion tops or chives (optional)
  - More cheddar shredded cheese \*optional

## Instructions:

1. **Veggie Prep:** Begin by heating olive oil in a large pot over medium heat. Toss in your onions, carrots, and celery. Cook until the onions are translucent and the veggies soften – a process taking about 5-7 minutes. (read blog post notes on this)
2. **Simmering Broth:** Add the broth to your veggie mix, letting it come to a gentle boil. Allow it to simmer for around 10 minutes to let those flavors beautifully meld together.
3. **Potato Thickening:** Turn down the heat to low. Gradually stir in the instant potatoes until your soup reaches the desired thickness. This is where the magic happens – instant potatoes are not only quick but provide an excellent thickening base.
4. **Cheese Please:** Now for the cheesy goodness. Stir in that sharp cheddar until it's completely melted and evenly distributed through the soup.
5. **Protein Twist:** Off the heat, slowly blend in the Greek yogurt. This step is crucial for a creamy texture without curdling.
6. **Seasoning and Flavor:** Add salt and pepper to your taste. Feel free to sprinkle in some garlic powder or herbs like thyme for an extra flavor punch.
7. **Garnish and Serve:** Ladle the soup into bowls, topping with bacon bits for a smoky crunch.
8. **Enjoy!:** Your protein cream of potato soup is ready! Serve it with crusty bread or a side salad for a complete, satisfying meal.