



Fully Loaded Baked Potato Soup



1/5th of recipe, about 1 cup with toppings: 130 calories, 1g total fat (<0.5g sat. fat), 564mg sodium, 22g carbs, 2g fiber, 2.5g sugars, 7.5g protein

Prep: 10 minutes **Cook:** 20 minutes

Cool: 5 minutes

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Ingredients

3 cups fat-free chicken broth
1 cup plain light soymilk
1 large potato (about 14.5 oz.)
1/4 cup all-purpose flour
2 tbsp. chopped onion
2 tbsp. shredded fat-free cheddar cheese
2 tbsp. fat-free sour cream
1 tbsp. real bacon bits (like the kinds by Oscar Mayer and Hormel)
3/4 tsp. garlic powder
3/4 tsp. onion powder
1/2 tsp. minced garlic
1/4 tsp. salt
1/8 tsp. black pepper

Directions

Pierce potato with a fork in multiple places, and then place it on a paper towel or microwave-safe plate. Microwave for 8 - 10 minutes, until potato is soft. Once cool enough to handle, remove and discard the skin (either by peeling skin off or cutting potato open and scooping out the insides). Mash the potato pulp with a fork and set aside.

Bring a medium pot sprayed with nonstick spray to medium-high heat. Add chopped onion and minced garlic and cook for 1 - 2 minutes, until onion has softened. Add broth and soymilk. Slowly add the flour, continuously stirring until it has completely dissolved.

Add mashed potato and stir until fully blended. Add all other ingredients for soup, but not for topping (cheese, sour cream, bacon, garlic powder, onion powder, salt, and pepper). Mix well, reduce heat, and simmer for 2 minutes.

Divide soup among five bowls. (Or pour about 1 cup into a bowl now, and refrigerate the rest for another day.) Top each bowl with 1 tsp. each of cheese, sour cream, and scallions. Sprinkle each bowl with 1/2 tsp. bacon bits. Enjoy!

MAKES 5 SERVINGS

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