RECIPE

Loaded Baked Potato Soup

A thick potato soup for dinner, with baked potato, reduced-fat sharp cheddar, a little crisp bacon and green onions on top.

MAKES

6 servings US Metric

TOTAL

1 h 40 min

Ingredients

- [ ] 2 lb russet potatoes, baked, skins removed (about 530 g of baked potato)
- [ ] 3 slices reduced-sodium bacon (about 24 g cooked)
- [ ] 1 tbsp olive oil
- [ ] 1 small onion, diced
- [ ] ½ tsp garlic powder
- [ ] 3 tbsp all-purpose flour
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 cups skim milk
- [ ] ¾ cup shredded reduced-fat sharp cheddar, divided
- [ ] ½ cup plain nonfat Greek yogurt
- [ ] 3 green onions, sliced
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper

Method

1. Heat the oven to 400 °F. Prick the potatoes all over, set them right on the oven rack, and bake about 1 hour, until a knife slides in with no push. A mile up the oven runs true, so the sea-level time holds.

2. Let the potatoes cool 15 minutes. Cut them open, scoop out the insides and mash them roughly with a fork. Throw away the skins.

3. While the potatoes cool, lay the bacon on the air-fryer rack and cook at 375 °F for 8 to 10 minutes, until crisp. Crumble it. Throw away the drippings in the tray; they are not in the soup.

4. Cook the onion in the olive oil over medium heat 5 minutes, until soft. Add the garlic powder for 30 seconds, then stir in the flour and cook 1 minute.

5. Whisk in the broth, then the skim milk. Simmer gently, stirring often, 8 to 10 minutes. It is ready when it coats the back of a spoon. Water boils at about 203 °F here, so give it the full time.

6. Take the pot off the heat. Stir in the mashed potato, about ½ cup of the cheese, the salt and the pepper until smooth. Let it cool a minute, then stir in the yogurt; it can split if it is boiled. Warm it over low heat 2 minutes if it has cooled; do not let it boil.

7. Ladle into bowls. Top with the bacon, the green onions and the remaining ¼ cup of cheese.