

INGREDIENTS

- 1 T OLIVE OIL
- 1/2 C RED ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 4 C POTATOES, CUT INTO 2" PIECES
(APPROX 8 SM, 6 MED OR 4 LG)
- 14-16 OZ BROTH OF CHOICE
- 1 C SOUR CREAM (OR MILK)
- 1/2 TSP BLACK PEPPER
- 1 C CHEDDAR CHEESE, GRATED

OPTIONAL FOR TOPPING:
BACON OR SAUSAGE
CHIVES OR GREEN ONIONS
GRATED CHEDDAR

DIRECTIONS

- ADD OLIVE OIL TO SAUCEPAN AND SAUTE RED ONIONS OVER MEDIUM HEAT (APPROX 3 MIN)
- ADD GARLIC AND SAUTE (2 MIN)
- ADD BROTH AND POTATOES AND BRING TO A BOIL, THEN REDUCE HEAT, COVER AND COOK 12 MIN (OR UNTIL POTATOES ARE TENDER)
- ADD 1 C OF THE COOKED POTATOES TO A BLENDER, BLEND UNTIL CREAMY AND ADD BACK TO POT
- STIR SOUR CREAM INTO SOUP AND COOK UNTIL WARM (DO NOT BOIL)
- ADD CHEDDAR CHEESE AND BLACK PEPPER STIR WHILE HEATING UNTIL MELTED, REMOVE FROM HEAT
- SERVES 4 AS A MEAL OR 8 AS A SIDE

NOTES: ANY BROTH CAN BE USED FOR THIS SOUP, BUT I PERSONALLY LIKE A CORN OR VEGETABLE BROTH. I HAVE ALSO USED CHICKEN AND BONE BROTH. I RECOMMEND SOUR CREAM FOR A SUPER CREAMY SOUP, BUT ANY MILK OR MILK SUBSTITUTE CAN BE USED IT JUST TENDS TO BE A BIT THINNER. ALSO, I DON'T USE SALT IN THIS RECIPE I FIND THE CHEDDAR (I USE EXTRA SHARP) PROVIDES MORE THAN ENOUGH ALONG WITH THE MEAT GARNISH, IF USED.



serves 4 as meal
serves 8 as side



10 min
prep
20 min cook

POTATO CHEESE CHOWDER

In need of some warm and creamy comfort food on a cool day, whip this soup up in under 30 min.

Potatoes sometimes get a bad wrap as they are so often peeled, fried and stripped of nutrients, but properly prepared they are actually quite nutritious. When leaving the skins on, they are rich in vitamin C, B6, Potassium and Magnesium. Potatoes are also rich in Fiber.

Read more here: [Health Benefits of Potatoes](#)

FOOD FOR THOUGHT:

Potatoes are one of the most sustainable vegs and produce more food per unit H₂O than most crops. Plant this easy-to-grow option in your own garden!