

Baked Potato Soup

*Rick Welle - Edwardsville, IL Fire Department
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Servings: 8

*7 - 8 large russet baking potatoes
1/2 cup (one stick) butter
1/2 cup (one stick) margarine
1 large sweet onion, chopped
2 tablespoons garlic, minced
salt & pepper (to taste)
1/4 cup all-purpose flour
3/4 gallon (three quarts) milk
16 ounces sour cream
1/2 pound bacon
4 cups sharp cheddar cheese, grated
2 bundles scallions, chopped*

Preheat the oven to 350 degrees.

Scrub the potatoes and prick them several times with a fork.

Bake the potatoes until done, about 1-1/4 hours. When cool enough to touch, remove the skins and cut the potatoes into bite-sized pieces. Set aside.

In a large pot on medium-high heat, melt together the butter and the margarine. Add the onion, garlic, salt and pepper. Add the flour and stir for 2 to 3 minutes until you have made a light roux (it will turn a light tan). Slowly add about one-quarter of the milk to thin out the roux. Bring to a boil. Lower the temperature to medium-low and add the rest of the milk and the sour cream.

In a separate skillet, fry the bacon extra-crispy. Crumble it and add the bacon plus one tablespoon of the bacon grease to the soup.

Add the potatoes. Cook at medium-low for 15 to 20 minutes. Stir in the cheese. Cook for another 15 to 20 minutes until it reaches the service temperature that you desire.

Stir in half of the scallions. Garnish with the remaining green onions. (This is especially good when served in a bread bowl.

Per Serving (excluding unknown items): 653 Calories; 57g Fat (78.2% calories from fat); 26g Protein; 10g Carbohydrate; trace Dietary Fiber; 127mg Cholesterol; 973mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	653	Vitamin B6 (mg):	.1mg
% Calories from Fat:	78.2%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	5.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	16.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	57g	Folacin (mcg):	30mcg
Saturated Fat (g):	29g	Niacin (mg):	2mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	127mg	% Daily Value*	0 0%
Carbohydrate (g):	10g		
Dietary Fiber (g):	trace		
Protein (g):	26g		
Sodium (mg):	973mg		
Potassium (mg):	359mg		
Calcium (mg):	519mg		
Iron (mg):	1mg		
Zinc (mg):	3mg		
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	1561IU		
Vitamin A (r.e.):	435RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	9 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 653 Calories from Fat: 510

% Daily Values*

Total Fat	57g	88%
Saturated Fat	29g	147%
Cholesterol	127mg	42%
Sodium	973mg	41%
Total Carbohydrates	10g	3%
Dietary Fiber	trace	2%
Protein	26g	
Vitamin A		31%
Vitamin C		21%
Calcium		52%
Iron		7%

* Percent Daily Values are based on a 2000 calorie diet.