

Cheesy Potato Soup

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 6

*1 bag (32 ounce) frozen southern-style
diced fresh hash brown potatoes,
thawed*
*1/2 cup frozen chopped onion (from
a twelve-ounce bag), thawed*
*1 medium stalk (1/2 cup) celery,
diced*
32 ounces (4 cups) chicken broth
1 cup water
3 tablespoons all-purpose flour
1 cup milk
*2 cups American-Cheddar cheese
blend, shredded*
1/4 cup cooked real bacon pieces
*4 medium (1/4 cup) green onions,
sliced*
freshly ground pepper (if desired)

Preparation Time: 15 minutes

Spray a three- to four-quart slow cooker with cooking spray.

In the slow cooker, mix the potatoes, onion, celery, broth and water.

Cover and cook on LOW heat for six to eight hours.

In a small bowl, mix the flour and milk. Stir into the potato mixture. Increase the heat setting to HIGH. Cover and cook for 20 to 30 minutes longer or until the mixture thickens. Stir in the cheese until melted.

Garnish individual servings with bacon and green onions. Sprinkle with pepper.

Start to Finish Time: 6 hours 35 minutes

Per Serving (excluding unknown items): 248 Calories; 9g Fat (33.6% calories from fat); 28g Protein; 11g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 4099mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	248	Vitamin B6 (mg):	.1mg
% Calories from Fat:	33.6%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	18.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	47.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	9g	Folacin (mcg):	42mcg

Saturated Fat (g): 3g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 6mg
Carbohydrate (g): 11g
Dietary Fiber (g): trace
Protein (g): 28g
Sodium (mg): 4099mg
Potassium (mg): 1213mg
Calcium (mg): 111mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 99IU
Vitamin A (r.e.): 20RE

Niacin (mg): 18mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 248 **Calories from Fat:** 84

% Daily Values*

Total Fat	9g	13%
Saturated Fat	3g	14%
Cholesterol	6mg	2%
Sodium	4099mg	171%
Total Carbohydrates	11g	4%
Dietary Fiber	trace	2%
Protein	28g	
Vitamin A		2%
Vitamin C		5%
Calcium		11%
Iron		17%

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