

# Hash-Brown Potato Soup

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**Servings: 12**

**Yield: 12 cups**

*2 tablespoons olive oil*  
*1 cup onion, chopped*  
*8 cups frozen shredded hash brown potatoes, partially thawed*  
*6 cups reduced-sodium fat-free vegetable or chicken broth*  
*1/4 cup all-purpose flour*  
*1 can (12 ounce) evaporated skimmed milk OR 1-1/2 cups whole milk*  
*3/4 cup Greek nonfat plain yogurt*  
*1 teaspoon salt*  
*freshly ground black pepper*  
*chopped green onion (optional)*  
*grated white cheddar cheese (optional)*  
*crumbled cooked bacon (optional)*

Heat the oil in a large saucepan. Add the onion and saute' until tender, about 8 minutes. Add the hash browns and broth. Bring to a boil. Reduce the heat and cook, covered, 8 to 10 minutes.

In a small bowl, whisk together the flour with 1/3 cup of the evaporated milk. Add to the potato mixture with the remaining milk. Bring to a boil. Reduce the heat and cook, stirring, for 10 minutes or until thickened.

Remove from the heat and stir in the yogurt, salt and pepper. (Don't boil after adding the yogurt.) Stir until well combined.

Top with green onions, cheese and bacon, if desired.

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Per Serving (excluding unknown items): 34 Calories; 2g Fat (59.2% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 178mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	34	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	59.2%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	35.9%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	4.8%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	2g	<b>Folacin (mcg):</b>	7mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
			0mg

**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 3g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 178mg  
**Potassium (mg):** 24mg  
**Calcium (mg):** 4mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Caffeine (mg):**  
**Alcohol (kcal):** 0  
**% Refuse:** 0 n n%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 34 **Calories from Fat:** 20

### % Daily Values\*

<b>Total Fat</b>	2g	4%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	178mg	7%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		1%
<b>Calcium</b>		0%
<b>Iron</b>		1%

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