

Potato and Bacon Soup

Patty Friede

The Pennsylvania State Grange Cookbook (1992)

Servings: 8

4 cups potatoes, peeled and chopped

3/4 cup green onions, sliced

3/4 cup celery, chopped

1 can (10 ounce) chicken broth

1 cup low-fat cottage cheese

2 cups skim milk

6 slices bacon, crisp-fried & crumbled

1/4 teaspoon pepper

In a three-quart saucepan, combine the potatoes, green onions, celery and chicken broth. Bring to a boil. Reduce the heat. Simmer, covered, for 15 minutes or until the vegetables are tender. Remove from the heat. Reserve one cup of vegetables.

Puree' the remaining vegetable mixture and the cottage cheese in a blender in two batches. Return to the saucepan. Stir in the milk, bacon, pepper and reserved vegetables.

Heat just to serving temperature (Do not boil).

this is a low-fat soup.

Per Serving (excluding unknown items): 118 Calories; 3g Fat (20.5% calories from fat); 6g Protein; 18g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 218mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.