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# Roasted Garlic-Potato Soup

*The Essential Southern Living Cookbook*

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 15 minutes

**2 cups milk**

**1/2 package (7.6 ounce) roasted garlic instant mashed potatoes**

**4 ounces (1 cup) shredded reduced-fat sharp cheddar cheese, divided**

**1/4 teaspoon freshly ground black pepper**

In a large saucepan, combine the milk and 1-1/2 cups of water. Bring to a boil over medium-high heat. Remove from the heat. Add the potatoes. Stir with a whisk until well blended.

Add 3/4 cup of cheese, stirring until the cheese melts. Spoon into four bowls. Sprinkle with the remaining 1/4 cup of cheese and black pepper.

**Soup, Stew and Chili**

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*Per Serving (excluding unknown items): 75 Calories; 4g Fat (48.3% calories from fat); 4g Protein; 6g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 60mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Non-Fat Milk; 1/2 Fat.*