

Smoky Chipotle Potato Cheese Soup

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Servings: 6

2 pounds russet potatoes, peeled and quartered
1 tablespoon olive oil
1 red onion, chopped
3 cloves garlic, minced
4 cups bone broth vegetable stock or low-sodium chicken stock
1 cup milk
2 canned chipotle chilies in adobo sauce
1 teaspoon ground cumin
1 teaspoon ground coriander
1 cup grated sharp cheese salt (to taste)
pepper (to taste)
1 tablespoon chopped red onion (for garnish)
1/2 red bell pepper (for garnish), seeded and diced
1/2 yellow bell pepper (for garnish), seeded and diced
1/4 cup fresh cilantro (for garnish), chopped
juice of one lime (for garnish)

Preparation Time: 10 minutes

Cook Time: 35 minutes

Add the potatoes to a large pot. Add enough water to cover. Add a pinch of salt. Bring to a boil. Cook the potatoes for 20 minutes until easily pierced with a fork. Drain.

While the potatoes are cooking, heat olive oil in a Dutch oven or large pot over medium-high heat. Add the onions and garlic. Cook until the onions have softened, about 5 minutes. To the pot, add the chicken stock, milk, chipotle peppers, cumin, coriander and the cooked potatoes. Bring to a boil. Reduce the heat to low. Simmer for 10 minutes.

Transfer the mixture to a blender (or use an immersion blender), add the cheese. Process until smooth. Season to taste with salt and pepper.

In a small bowl, mix together the bell peppers, cilantro and red onion. Add the lime juice. Season with salt and pepper, to taste.

To serve, ladle the soup into bowls and garnish with a dollop of the pepper mixture.

Per Serving (excluding unknown items): 179 Calories; 4g Fat (19.2% calories from fat); 5g Protein; 32g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 31mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.