

Swiss Potato Soup

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Servings: 4**Yield: 1 quart**

*2 strips bacon, diced
1 medium onion, chopped
2 cups water
4 medium potatoes, peeled
and cubed
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/3 cup all-purpose flour
2 cups 2% milk
1 cup Swiss cheese,
shredded*

Preparation Time: 30 minutes

In a saucepan, cook the bacon until crisp. Remove to paper towels. Drain, reserving one tablespoon of the drippings.

Saute' the onion in the drippings until tender. Add the water, potatoes, salt and pepper. Bring to a boil. Reduce the heat. Simmer, uncovered, until the potatoes are tender, 7 to 10 minutes.

In a bowl, combine the flour and the milk until smooth. Gradually stir into the potato mixture. Bring to a boil. Cook and stir until thickened and bubbly, about 2 minutes. Remove from the heat.

Stir in the cheese until melted. Sprinkle with the bacon.

STIR-IN OPTIONS:

Tex-Mex Potato Soup: Top with cooked crumbled choriso, crumbled queso fresco and crushed tortilla chips.

Steakhouse Potato Soup: Top with cooked steak pieces, crumbled blue cheese and fried onion strips.

Spring Veggie Potato Soup: Substitue leeks for the onion. Add dill and green peas, stirring until warm.

Per Serving (excluding unknown items): 330 Calories; 12g Fat (32.4% calories from fat); 17g Protein; 39g Carbohydrate; 3g Dietary Fiber; 38mg Cholesterol; 996mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.