Creamy Potato Soup

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
4	About 2 1/4 cups	About 15 g	About 40 min

Ingredients

- **2 lb Yukon Gold potatoes**, peeled and cut into 1/2-inch cubes
- **2 tablespoons butter**
- **1 medium yellow onion**, finely diced
- **2 cloves fresh garlic**, minced
- **3 cups low-sodium vegetable broth**
- **2 cups whole milk**
- **4 oz finely shredded Mexican-blend cheese** (about 1 cup)
- **1/2 teaspoon salt**, plus more to taste
- **1/4 teaspoon black pepper**, plus more to taste

Directions

1. **Soften the onion.** Melt the butter in a large pot over medium heat. Add the onion and cook for **5-7 minutes**, stirring, until soft. Stir in the garlic for **30 seconds**.
2. **Simmer the potatoes.** Add the potatoes, broth, salt and pepper. Bring to a boil, then lower the heat. Cover partly and simmer for **15-20 minutes**, until the potatoes mash easily with a fork.
3. **Thicken the soup.** Turn the heat to low. Use a potato masher or a sturdy fork to mash about half the potatoes in the pot. Mash more for a smoother soup.
4. **Add the milk.** Stir in the milk and warm gently for **3-5 minutes**, stirring often. Keep the soup below a boil.
5. **Melt the cheese.** Remove from the heat. Stir in the cheese a handful at a time until melted. Taste and add salt or pepper as needed. Divide into **4 equal portions**.

Leftovers

Refrigerate in shallow, covered containers within **2 hours**; use within **3-4 days**. Freeze individual portions for **up to 2 months** for best quality. Potatoes may be grainier after freezing.

Stovetop:

Thawed: Thaw in the refrigerator. Warm in a saucepan over low heat, stirring, to **165°F**. Add milk if needed; whisk if it separates.

Frozen: Put a frozen portion in a pan with a splash of milk. Cover on low until soft; break up and stir to **165°F**. Whisk if milk separates.

Microwave:

Thawed: Thaw in the refrigerator. Use a microwave-safe dish; cover loosely. Heat in **30-60 sec** bursts, stirring, to **165°F**; whisk if milk separates.

Frozen: Defrost in a microwave-safe dish until stirrable. Cover loosely; heat in **30-60 sec** bursts, stirring, to **165°F**. Whisk if milk separates.