



Hearty and Heart-Healthy Potato Soup

8 Servings

INGREDIENTS

- 1 tablespoon olive oil
- 2 10-ounce packages frozen chopped onions
- 2 pounds potatoes, scrubbed and cut in ½-inch cubes (about 5 cups)
- ¼ cup chopped, dried tomatoes
- 2 pints plus 1 14-ounce can (46 ounces total) low-sodium chicken broth
- 2 cups shredded, cooked turkey
- 3 cups packaged, chopped, frozen mixed vegetables, thawed
- freshly-ground black pepper

NUTRITION ANALYSIS (PER SERVING)

Calories	131
Total Fat	1.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	100 mg
Carbohydrates	24 g
Fiber	4 g
Sugars	2 g
Protein	8 g
Dietary Exchanges: 2 starch, 1 vegetable, 2 lean meat	

DIRECTIONS

1. In heavy soup pot, heat oil on high and stir in onions. Cook, stirring occasionally for about 20 minutes or until well browned.
2. Add potatoes, dried tomatoes and broth.
3. Bring to boil and cook covered for 10 minutes or until tender.
4. Add turkey and vegetables, return to boil and cook 6 - 8 minutes.
5. Top with freshly ground pepper.

This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check Certified recipe.

