

# Senior Dairy Foods

## Potato Soup with Parmesan Crisp

### You'll Need:

#### For Soup

1 celery stalk  
1 small onion  
3 medium white potatoes (5 cups)  
1 small sweet potato (1 cup)  
1 tablespoon unsalted butter, melted  
1 carrot  
3 chicken bouillon cubes  
1 cup water  
¼ teaspoon crushed dried rosemary  
1/8 teaspoon thyme  
1/8 teaspoon garlic powder  
1/2 teaspoon fresh cracked pepper  
1 ½ cups 1% milk  
¾ cup 2% fat cheddar cheese, shredded

#### For Parmesan Crisp

4 tablespoons freshly grated  
Parmesan cheese  
Non-stick baking spray

### Take Out:

Cutting board  
Knife  
Large sauce pan  
Spatula  
Hand blender  
Dry measuring cups  
Liquid measuring cup  
Measuring spoons  
Baking sheet

### **For Soup:**

1. Slice celery. Chop onions. Peel and chop potatoes, sweet potato and carrot.
2. Melt butter in large sauce pan. Add celery and onion and sauté until tender.
3. Add potatoes, sweet potato, carrot, bouillon cubes, water, thyme, rosemary, garlic powder and pepper.
4. Simmer for 15 minutes or until vegetables are tender.
5. Remove from heat and blend with stick blender until smooth.
6. Add milk and cheese stirring constantly until cheese melts.

### **For Parmesan Crisps:**

1. Preheat oven to 350 degrees.
2. Spray baking sheet with non-stick baking spray.
3. Place cheese on baking sheet in 1 tablespoon piles.
4. Bake crisps for 8 minutes.
5. Take out of oven and let cool for 5 minutes.

**4 servings**

**Nutrient Analysis for soup:**

Calories: 263	Carbohydrate: 41 grams	Protein: 12 grams
Fat: 6 grams	Saturated fat: 4 grams	Cholesterol: 17 milligrams
Sodium: 1058 milligrams	Dietary fiber: 4 grams	

**Nutrient analysis for Parmesan crisps:**

Calories: 21	Carbohydrate: Less than 1 gram	Protein: 2 grams
Fat: 1.4 grams	Saturated fat: 1 gram	Cholesterol: 4 milligrams
Sodium: 76 milligrams	Dietary fiber: 0 grams	