

Spicy Hot Potato Soup

2 bacon slices
1 cup chopped carrots
1 cup chopped poblano chilies
1 cup chopped onion
2 tablespoons minced seeded jalapeno pepper
1/2 teaspoon cumin
3 minced garlic cloves
2 16-ounce cans fat free chicken broth
5 cups diced peeled baking potatoes
1/2 teaspoon salt
1/3 cup flour
2 1/2 cups skim milk
5 ounces reduced fat Jalapeno Cheddar cheese
2 ounces reduced fat Cheddar cheese
2/3 cup onion

Cook bacon until crisp. Remove bacon from pan leaving 1 tablespoon drippings in pan. Crumble bacon, set aside. Add carrots and next 5 ingredients to drippings. Sauté until golden brown. Stir in broth and add potato and salt. Bring to a boil. Cover, reduce heat and simmer 25 minutes or until potato is tender. Combine flour and milk in a small bowl stirring with a whisk. Add to pan slowly. Cook over medium heat until thick, about 12-15 minutes. Remove from heat. Add reduced fat and Jalapeno Cheddar cheese, stirring until melted. Serve in bowls topped with green onions and crumbled bacon. Makes 10 servings

Nutrition information per serving: 171 calories; 8 grams protein; 3 grams fat; 27 grams carbohydrate; 705 mg sodium