

Foodnity Recipes

Saltgrass Baked Potato Soup

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 large russet potatoes, peeled and cubed
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 4 cups low-sodium chicken or vegetable broth
- [ ] 1 cup sharp cheddar cheese, grated
- [ ] ½ cup Greek yogurt
- [ ] 2 tbsp unsalted butter
- [ ] 1 tsp Saltgrass seasoning
- [ ] 1 tbsp fresh thyme leaves
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Instructions

1. In a large pot, melt butter over medium heat. Add onion and garlic; sauté until translucent, about 4 minutes.
2. Add cubed potatoes and broth; bring to a gentle boil, then reduce to a simmer. Cover and cook until potatoes are fork-tender, about 15 minutes.
3. Remove half of the potatoes and blend them until smooth; return to pot for a creamy-chunky base.
4. Stir in cheese, yogurt, lemon juice, thyme, and Saltgrass seasoning. Heat gently until cheese melts, stirring constantly.
5. Season with salt and pepper, ladle into bowls, and garnish with extra thyme and a drizzle of olive oil.

Nutrition per serving

280 kcal	12 g	35 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra-rich flavor, roast the potatoes at 400°F for 20 minutes before adding them to the soup.
- If the soup becomes too thick, thin with a splash of broth or milk.
- Adjust the amount of Saltgrass seasoning to suit your taste; start with a teaspoon.