

Featured Ingredient ... Pears



LOADED PEAR & POTATO SOUP

INGREDIENTS

- 4 unpeeled pears, diced or sliced (your choice of variety)
- 2 medium peeled russet potatoes, diced
- 4 cups broth (vegetable or chicken)
- 1 sweet onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp butter
- 1 cup shredded white cheddar cheese
- 2 tsp ground mustard or Dijon mustard
- 1 tsp nutmeg
- 2 Tbsp maple syrup

NUTRITIONAL FACTS

Serving size: 1 cup

Calories: 218

Protein: 9 grams

Carbohydrates: 26 grams

Fat: 10 grams

DIRECTIONS

1. In a large pan on medium heat, heat butter until melted. Add the garlic and onion and cook until light brown and fragrant.
2. Pour the broth over top and deglaze the pan.
3. Add the potatoes, mustard, nutmeg, and maple syrup to the pan and bring to a boil. Cook for 10 minutes or until the potatoes are soft and easily split with a fork.
4. Add the pears and contents of the pan. Blend until smooth and creamy in a blender, food processor, or by using an immersion blender.
5. Return soup to the pan, add the cheese, and heat until the cheese is thoroughly melted, stirring consistently.
6. Enjoy!

CALORIE CONSIDERATIONS

Increase calories by adding 1-2 Tbsp of heaving whipping cream per cup, more cheese or garnish with nuts of choice.

THIS IS A GLUTEN FREE RECIPE

