

healthwise, luncheon, main dish, on-the-go quickies, one-pot meals, soups & stews

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# Potato Velvet Soup

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*Probably the best potato soup you'll ever make... and no tell-tale lumps to horrify a zucchini-phobic child...*

Servings: 4

*I found this recipe excellent, but we like a little tooth in our soup - so I finely diced a couple more potatoes and simmered them in a separate pot until tender. After the cheese was melted, I drained these potatoes and added them to the soup. I chose to do it this way after the fact, rather than leaving the soup lumpy because I wanted the zucchini puréed. - LK*

*2 lg potatoes, peeled and diced  
1 med zucchini, peeled and cubed  
4 c chicken broth  
1 pkg cream chesse with herbs and garlic, like Philadelphia, Boursin or Rondele*

Preparation Time: 10 minutes  
Start to Finish Time: 25 minutes

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*Per Serving (excluding unknown items): 118  
Calories; 4g Fat (28.6% calories from fat); 7g  
Protein; 14g Carbohydrate; 2g Dietary Fiber; 8mg  
Cholesterol; 796mg Sodium. Exchanges: 1/2  
Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2  
Fat; 0 Other Carbohydrates.*

In medium saucepan, combine the potatoes and zucchini with the broth.

Bring to boiling, then cover and simmer 15 to 20 minutes until the potatoes are squishy soft. Remove from heat.

Purée until perfectly smooth.

Crumble in herbed cheese and stir until melted and smooth.

Taste for seasoning and add salt and/or pepper as desired.