

LOADED BAKED POTATO SOUP

**6 C Organic Milk
1/2 t Himalayan Sea Salt
1 t Black Pepper
2/3 C Unbleached Flour
8 oz. Daisy Light Sour Cream
9 Organic Baking Potatoes
4 Green Onions, Chopped
2/3 C Kerrygold Butter or Earth Balance
10 oz. Low-Fat Grated Cheese**

Bake potatoes for 1 hr. at 400 degrees. Cool. Cut potato lengthwise and scoop out flesh. In large saucepan over medium heat melt butter. Stir in flour and cook until liquid is absorbed. Whisk in milk a little at a time, stirring constantly, until thickened. Stir in potatoes, salt, pepper, green onions, and cheese. Turn heat to medium-low and continue cooking while stirring until cheese is melted. Stir in sour cream and cook, stirring constantly, for 3 minutes or until heated.