

Smashed Potato Soup (It's Good For You!...pg 59)

1/2 cup coarsely chopped carrot
1/2 cup coarsely chopped celery
1 (1 lb, 4 oz) pkg refrigerated mashed potatoes
1 (14 1/2 oz) can 99% fat-free chicken broth
1/2 cup fat-free milk
1 garlic clove, pressed
1/4 tsp salt
1/8 tsp ground black pepper
1/2 cup reduced-fat sour cream
2 Tbls snipped fresh parsley
Optional toppings: sliced green onions, reduced -fat shredded cheddar cheese and crisply cooked, crumbled turkey bacon

1. Coarsely chop carrot and celery using **Food Chopper**. Place mashed potatoes in **Medium (3 qt) Saucepan**. Gradually add broth and milk, whisking until mixture is smooth using **Nylon Spiral Whisk**. Stir in carrot, celery, garlic pressed with **Garlic Press**, salt and black pepper. Bring to a boil; reduce heat. Simmer, uncovered, 10 minutes.

2. Remove from heat; stir in sour cream and parsley. Ladle soup into bowls; top with desired toppings.

Makes 4 servings.