

# Fat Man's Potato Soup

*If the title doesn't get you, the calories in this original will!*

## **Original Recipe**

<i>Ingredient</i>	<i>Calories</i>
3 Large White Potatoes (about 2 lbs.)	747
5 C Whole Milk	750
1 C Heavy Cream	821
Chicken or Veg. Bouillon (2 C worth)	30
1 Big Leek (about 1 1/2 C chopped)	96
1 Stick Butter	800
1 C Muenster Cheese, grated	400
Salt & Pepper to taste	0
None	0

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Total Original Calories 3,644

2 Cup Servings/Recipe 4

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**Calories per Serving 911**

## **Revised Recipe**

<i>Ingredient</i>	<i>Calories</i>
4 C Frozen Shredded Hash Browns	280
3 C Buttermilk & 1 C 2% Milk	480
1 C Half 'n Half Cream	320
Chicken or Veg. Bouillon (2 C worth)	30
3/4 C Chopped Leek	48
2 T Whipped Butter	140
4 T Whipped Cream Cheese	120
1/2 t. Salt & 1/4 t. Pepper	0
1 T Sugar	48

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Total Revised Calories 1,466

2 Cup Servings/Recipe 4

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**Calories per Serving 367**

## **Calorie Reduction 60%**

**Directions** Over medium low flame, heat milk and cream. Add bouillon and whisk till dissolved. Stir in potatoes and cook for 10 minutes, keep flame low throughout. Chop leek fine and stir in. Whisk in sugar, salt & pepper and simmer for 15-20 minutes, whisking occasionally until thickened. Add butter, first and then cream cheese, stirring constantly each time until absorbed into soup. Garnish with fresh chives or green onions.

*Buttermilk is a great thickening substitute for high calorie dairy alternatives. If you're not a fan of buttermilk, make the following adjustments: omit the sugar and replace the buttermilk with 3 C of 2% milk and 1 C of fat free dairy cream. Adjusted calories/serving: 391*

**Fat Rap** You have to love the creator of this original soup, Daniel Sanger, of Maryland. In the original recipe posted on Recipe-Source.com, he notes, "call cardiologist and enjoy!" There's nothing better than a fattening recipe with a teaspoon of humor mixed in to ease the caloric guilt.