



Caldo de Queso (Mexican Potato-Cheese Soup)

INGREDIENTS:

1 each	Onion, large diced
1 ½	Anaheim chilies – roasted or grilled, peeled, seeded, and cut into large pieces
1 each	Fresh tomato
1 ½	Idaho potatoes – peeled, and cut into chunks
3 ½ cups	Chicken stock or broth (low sodium)
2 each	Garlic cloves
1 Tbsp.	Fresh oregano, chopped
2 each	Green onions, sliced
¾ cup	2 % sharp cheddar cheese
¼ tsp.	Sea Salt
To taste	Pepper

PREPARATION:

- Dice the onion into large pieces, and sauté them in a medium pot until they are translucent
- Add the garlic cloves into the pot with onions and cook for a few more minutes
- Add Chicken stock and bring it to a boil
- Add potatoes and simmer until the potatoes are barely tender and still hold their shape.
- Add tomatoes, chilies, oregano, green onion, salt, and pepper to the pot and simmer for 5-10 minutes.

****Chef's note:** For garnish serve 1 cup of soup with 2 Tbsp. Cheddar cheese on top, sprinkle with chopped oregano, and a lemon wedge.**

Number of servings:	5
Serving size:	1 cup
Calories:	60
Fat grams:	trace

