

“Baked” & Loaded Ham & Potato Soup Recipe



What You Need :

Ingredients

- 6 Strips Bacon, Cut
- 1 1/2 Cups Cubed/Diced Ham
- 4-6 Yellow Potatoes, Diced
- 1 Yellow Onion, Diced
- 2-3 Carrots, Peeled & Chopped
- 2/3 Cup Celery
- 3 Cloves Garlic
- 1t Salt
- 1/2 t Pepper
- 4 Cups Chicken Broth
- 3 T Butter (I used infused Ghee)
- 1/4 Cup Flour
- 1 Cup Milk
- 2/3 Cup Heavy Cream
- 2/3 Cup Sour Cream
- 1/2 t Chili Powder
- Pinch Nutmeg

Supplies

- Large Pot
- Knives and Shears
- Immersion Blender
- Glass Mixing Bowl
- Silicon Spatula
- Metal Ladel

Time Needed

- 20 min - Prep
- 40 min - Cook
-
- 1 hr - Total Time
- *Serves 6-8*

Optional Toppings

- Shredded Cheddar
- Chives
- Parsley/Thyme



Directions:

Step 1: Cook the Bacon

- Cook your bacon in a large soup pot or dutch oven, over medium heat, until cooked crisp.
- Remove bacon and set aside to cool. (Leaving bacon grease in pot.)

Step 2: Saute Your Veggies

- Add your butter, chopped onion, carrots and celery. Cook until translucent, 3-5 minutes.
- Add garlic and cook, stirring constantly, until fragrant. 1 minute.

Directions continued:

Step 3: Add Flour to Thicken

- Slowly sprinkle in your flour, and stir into sautéed veggies until well-incorporated. This helps make a thick and robust base for all your other ingredients to build onto.

Step 4: Add Potatoes, Broth, Milk and Heavy Cream

- Now to add the bulk of your soup! Add your potatoes, chicken broth, milk and heavy cream, Mixing well.
- Also mix in salt and pepper, chili powder, and any other spices you would like to incorporate.
- Bring to a boil & cook until potatoes are fork-tender. Appx 10-12 mins. Reduce heat to a simmer.

Step 5: Puree Soup to Thicken

- Take approximately half of your soup (about 4 cups) and pour into a glass or metal bowl.
Caution: soup will be very hot!
(I found peas in my freezer and added a few handfuls to the soup before dividing it (:)
- With an immersion blender, puree the soup in your glass or metal bowl until smooth.

Step 6: Return to Pot, Add Final Ingredients

- Return the pureed soup back into your large pot.
- Add in diced ham, sour cream, some bacon, some shredded cheddar, pinch of nutmeg, and stir until evenly incorporated.
- Once all evenly incorporated and heated through, serve and top as desired!
- (I will almost always top with extra shredded cheddar, bacon, chives, a dallop of sour cream, and freshly cracked black pepper)

Enjoy!! (:

Cooking with Cannabis-Infused Ingredients:

A good starting point for ingesting cannabis edibles is to limit yourself to <5mg THC ; even less if you are new to THC-infused food. It can have the tendency to be a lot stronger, more intense, and can differ drastically from smoking. For one, the effects can take anywhere from a half hour to 3 hours to fully metabolize, depending on an individual's unique body and metabolic rate. In addition, because the THC is digested through your liver and can more readily cross the body's blood-brain barrier, the high can be stronger and last longer.

With that said, your edible's potency depends on many factors; how it was prepared, the potency of your starting product, as well as considering if the strain or concentrate used in your infusion is indica, sativa or hybrid. To test the potency and effect of your finished product, try a smaller amount (<5mg) and see how that dose affects you after 2-3 hours. Titrate your dose as desired, and you can then use this personalized "standard" dose as a baseline for your recipes.

Check out our dosage calculator for help in calculating your edible's dosage @:
<https://www.plant-family.com/thc-dosage-calculator/>

Happy Cooking!