

## Culinary Lavender:

# Hearty lavender baked potato soup with bacon



**SINCE IT'S BEEN SO COLD OUTSIDE LATELY, I DECIDED THAT A NICE HEARTY SOUP WOULD BE JUST WHAT WE NEEDED TO WARM UP A BIT. YOU COULD EAT THIS FOR LUNCH OR DINNER ON ITS OWN OR WITH A LOAF OF BREAD AND A SALAD.**

**Author:** Ellen Christian (Confessions of an Overworked Mom)

**Recipe type:** cooking

**Serves:** 4 servings

**Find online:** [https://www.yummly.com/recipe/Lavender-Baked-Potato-Soup-with-Bacon-2329350?fbclid=IwAR304aaFwheZdySkk1\\_pdoSmzjb3VuCjo7nzY5h8O5ZS\\_eFRClbN1TR4Rj0#directions](https://www.yummly.com/recipe/Lavender-Baked-Potato-Soup-with-Bacon-2329350?fbclid=IwAR304aaFwheZdySkk1_pdoSmzjb3VuCjo7nzY5h8O5ZS_eFRClbN1TR4Rj0#directions)

### WHAT YOU NEED TO MAKE THIS LAVENDER BAKED POTATO SOUP:

**Culinary lavender** – The culinary lavender really gives this soup an amazing taste. My preference is organic so I know what's been sprayed on it.

**Soup pot** – You'll want a large soup pot to make this in. I prefer to make a big batch so I have some for lunch throughout the week.

**Mortar and pestle** – You will need a mortar and pestle to grind the lavender buds.

### INGREDIENTS

6 strips bacon, cooked and crumbled  
2 medium red-skinned potatoes  
2 cups water  
2 tablespoons butter  
1 small yellow onion chopped  
2 tablespoons flour  
1/2 teaspoon organic culinary lavender buds, ground  
1/4 teaspoon garlic salt  
1/4 teaspoon fresh-ground black pepper  
2 1/2 cups skim milk  
1/2 teaspoon sugar  
1/3 cup sour cream  
3/4 cup sharp cheddar cheese, shredded

### INSTRUCTIONS

1. Scrub the potatoes. Cut into 1-inch cubes. In a large soup pot, boil in 2 cups of water. Cook until done. DO NOT DRAIN. Remove from heat & set aside.
2. In a small pan saute onion in butter until soft but not brown. Add flour, ground lavender buds, garlic salt & pepper. Mix well and cook about 2 minutes stirring constantly. Set aside.
3. Return potatoes to stove. Heat over medium-high. Add onion mixture, milk, and sugar. Stir well. Bring to boil. Add sour cream & cheese. Add crumbled bacon. Mix well. Reduce heat to low & simmer 15 minutes stirring frequently. Makes 4 servings.