

Rolling Like A Baller, Eatin' Potato-Tomato Soup

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/brown-stew-chicken-recipe-cook-like-a-jamaican>

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon butter
- 1 onion large, sliced
- 6 cloves garlic pressed
- 2 potatoes large, peeled and sliced ¼" thick
- 6 cups chicken or vegetable stock, low sodium
- salt
- pepper
- 7 thyme stems, fresh
- 1 handful parsley
- 1 handful basil leaves
- 2 bay leaves
- sherry couple healthy splashes of
- savory dried, couple shakes
- 56 ounces tomatoes diced and drained
- 1/4 cup plain yogurt
- 1/4 cup sour cream
- Parmesan cheese grated
- 1/4 cup basil or parsley, chopped

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 235 milligrams
4. Fat: 19 grams
5. Fiber: 9 grams
6. Protein: 77 grams

7. SaturatedFat: 7 grams
 8. Sodium: 570 milligrams
 9. Sugar: 16 grams
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