

Creamy Potato Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 8

Serving size: 1 cup

Ingredients	Quantity	Measure
Onions, Sweet Yellow, small dice	2	cups
Potatoes, Russet, diced into one (1) inch cubes	3	cups
Vegetable Broth	4	cups
Broccoli Florets	2	cups
Parsley, Fresh, chopped	2	Tbsp.
Black Pepper	1	Tbsp.

Preparation

1. In a large pot, sauté onions using a little bit of water until they are soft.
2. Add the potatoes and the vegetable broth. Bring to a quick boil. Reduce heat and allow to simmer until potatoes are cooked. ***For a creamy texture, use an immersion blender or blend half of the soup in a food processor.***
3. Add in the broccoli florets, fresh parsley and black pepper.
4. Allow to simmer until flavors are combined and broccoli is cooked (about 30 minutes).

Serving Information/Notes

If you would like to garnish soup with crispy potato skins, you can bake potatoes, scoop out the potato for mashing, and re-bake the skins. Serve the potato skins as a side garnish for the soup. You may want to sauté extra onions and serve them inside the potato skins as a complex garnish.

Nutrition Information

 *From USDA Nutrient Database

Calories: 78 Total Fat: .3g Saturated Fat: 0.5g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16.5g Fiber: 2.9g Total Sugars: 2.9g Protein: 2.2g Sodium: 85mg Vitamin A: 11µg Vitamin C: 34.6mg Calcium: 41mg Iron: 1mg Folate: 33µg

