

# Cheesy Potato Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 1 cup

Ingredients	Quantity	Measure
Nacho cheese sauce ingredients:		
Russet potatoes	1	Cup
Carrots	½	cup
Olive oil	2	Tablespoons
Reserved potato water	¼	Cup
Lemon juice	1 ½	Teaspoons
Nutritional yeast	¼	Cup
Salt, divided	¾	Teaspoon
Garlic powder	¼	Teaspoon
Onion powder	¼	Teaspoon
Cayenne pepper	1	Dash
Remaining soup ingredients:		
Dairy-free margarine	2	Tablespoons
Celery, small chop	1	cup
Onion, small dice	1	cup
Russet potatoes, peeled, medium cubed	4	cups
Vegetable stock or water	2-3	cups
Coconut milk, canned	1	cup
Salt	1	teaspoon
Cayenne pepper	1	dash

## Preparation

1. Prepare nacho cheese sauce as follows:
  - a. Boil potatoes and carrots with 1 teaspoon of salt until very tender.
  - b. When done, drain and reserve liquid.
  - c. Put all ingredients in a blender. Blend until smooth.
  - d. If cheese is too thick add a little more of the reserved liquid and set aside until step 7.
2. Melt dairy-free margarine in a three-quart stockpot over medium heat.
3. Once melted, add celery and onions and sauté over medium heat for 3-4 minutes.
4. Add potatoes and vegetable stock or water, one cup at a time, using enough liquid to barely cover the potato onion mixture.
5. Bring to a boil and cook until potatoes are very tender.
6. When tender, use a potato masher and gently mash the potatoes, leaving some chunks.
7. Remove from the heat, add the nacho cheese and stir.
8. Finish with the coconut milk, salt and cayenne pepper. Mix well.



# Cheesy Potato Soup Continued

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**Nutrition Information** per serving \*From USDA Nutrient Database

Calories: 226 Total Fat: 13g Saturated Fat: 5.5g Monounsaturated Fat: 5g Polyunsaturated Fat: 1.5g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 25g Fiber: 3g Total Sugar: 2g Protein: 5g Sodium: 155mg  
Vitamin A: 79µg Vitamin C: 8mg Calcium: 35mg Iron: 2mg Folate: 26µg

