

Favourite Recipes

Creamy Vegan Potato Soup (Soup's On 2019)

- 1 medium onion
- 2 medium carrots
- 1 small celery root
- 3 medium russet potatoes
- 4 garlic cloves, minced
- 1 tbsp olive oil
- 4 cups spring water
- 4 mushroom bouillon cubes
- 1 can coconut milk (full fat)
- 1 tsp Himalayan salt

Chop the vegetables. In a large pot, heat the olive oil. Sauté the onions, carrots & celery root until they start to look caramelized. Add the garlic and Sautee one minute more.

Mix the bouillon cubes in the water and add to the pot. Add the potatoes. Cover & simmer for 20 minutes or until the potatoes are soft. Either use an immersion blender or transfer to a blender to blend until perfectly smooth. If you are using a blender, only transfer to blend in small batches. You may choose to leave some chunks or you may prefer to have it completely blended. It is delicious either way.

Stir in the coconut milk. Taste and add salt according to your preference.

Toppings: coconut bacon, green onions, vegan cheddar cheese, chives ~ your choice.