

THE REAL DILL POTATO SOUP



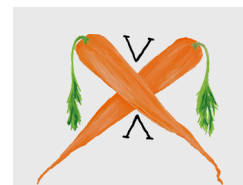
SERVES: 6

PREP TIME: 20 MINUTES

COOK TIME: 30 MINUTES

TOTAL TIME: 50 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 2 heads roasted garlic*
- 1-2 TBSP grapeseed oil
- 2 lbs potatoes (I used red potatoes, but you could also use russets), unpeeled, cubed
- 1 medium yellow onion, diced
- 2 celery stalks, diced
- 3 carrots, peeled, diced
- 4 and 3/4 cups vegetable broth, divided (homemade or choose low-sodium)
- 1 cup raw cashews, soaked for 2 hours or overnight
- 1/2 tsp salt
- 1/4 tsp ground turmeric
- 1/4 cup nutritional yeast
- 2 TBSP fresh dill, stems removed, finely chopped, additional for garnish
- 2-3 green onions, thinly sliced, for topping
- Fresh ground pepper, to taste

METHOD

Prepare roasted garlic, if using.

Place a large stock pot or dutch oven over medium high heat, add oil when hot. Add onions, celery, and carrots. Sauté until they begin to caramelize, approximately 3 minutes.

Add in diced potatoes and 4 cups broth, stir. Bring to a low boil. Reduce heat and cover, simmer for 20-30 minutes, or until potatoes are tender (easily pierced with a fork).

While soup cooks, prepare the cashew cream. Drain soaked cashews. Place in a small blender with reserved 3/4 cup broth. Blend until smooth, 2-3 full minutes, adding additional broth or water if needed to reach a texture that is similar to sour cream.

When potatoes are tender, remove soup pot from heat. Use an immersion blender to puree soup to desired texture, reserving some whole potatoes if you prefer a chunkier soup**.

When soup is pureed, add in cashew cream, nutritional yeast, and fresh dill. Stir to combine. Taste for salt/pepper. Serve with green onions and additional dill.

NOTES:

* To roast garlic, prepare 2 heads by removing outer layers of peel, then chop off the tops to slightly expose cloves, leaving the structure intact. Drizzle with a small amount of grapeseed oil, wrap in foil and bake at 425 degrees for 20 minutes. Remove and allow to cool, then squeeze cloves out of the peel. NO time to roast? Sauté 3-4 cloves of minced garlic and add in with the veggies at the beginning of the recipe!

** No immersion blender? You can allow the soup to cool slightly, then carefully ladle into a heat safe blender or food processor. Blend to desired texture and add back to soup pot to reheat if needed and add last ingredients. Another option: leave it chunky and skip blending. Your choice!

NUTRITION:

Serving Size: 1/6 recipe Total Calories: 326 Total Fat: 14 g Sodium: 304 mg

Potassium: 862 mg Carbohydrates: 43 g Fiber: 6 g Protein: 10 g

Vitamin A: 126% Vitamin C: 36% Calcium: 10% Iron: 17% (Daily Value)