

Quick and Easy Potato Soup

READY IN



30 min.

SERVINGS



4

Directions

- Place two of the potatoes along with the remaining ingredients into the blender in the order given. Start machine on low speed and increase to highest setting. Blend for about 4 minutes, until steaming hot. Dice remaining potato and divide it among 4 bowls.
- Pour the soup over the potatoes and serve hot. Regular Blender/Stovetop Users: Chop the onion and sauté it until soft in a medium-sized saucepan.
- Cut the potatoes into cubes and add 2/3 of them to the pan, along with the broth, rosemary, white pepper, and salt. Simmer, covered, for about 15 minutes.
- Pour into blender along with cashew butter, soymilk, and nutritional yeast. Blend until smooth. Return to pan, add remaining potatoes, and cook, stirring often, over low heat until hot.

Nutrition Facts



 PROTEIN 0%  FAT 0%  CARBS 0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)