

## Vegan Potato Soup

This homemade German type potato soup is warm, creamy & simple vegan dish – perfect for the colder months! It’s gluten-free, dairy-free & will have you returning for seconds!

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 6 (1 ½ cup svgs)

Ingredients:

Amount	Ingredient	Cost – date:
1 Tbsp	Oil	
1	Onion, diced	
3	Garlic cloves, minced	
2	Celery stalks, diced (or could use ½ small celeriac)	
2	Carrots, medium, diced	
2 pounds (900 g)	Potatoes, chopped (preferably Russet/Yukon Gold) – for a creamier soup	
½ tsp	Dried Marjoram (or thyme/rosemary if don’t have)	
Pinch	Ground Nutmeg	
To taste	Salt & pepper	
5 cups	Vegetable broth or water – extra water if soup is too thick	
2	Bay leaves (optional)	
1/3 cup	Dairy-free cream/milk (optional - if desired)	
To garnish	Fresh parsley	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Heat oil in a large pot over medium heat in pan and add the onion. Saute for 3 minutes, then add garlic, celery, carrots, potatoes and all the spices. Saute for a further one minute.
2. Pour in the vegetable broth and bay leaves and bring the soup to a boil.
3. Let the soup simmer for about 20 minutes or until the vegetables are softened.
4. If you want it all creamy – blend the whole pot (after taking out the bay leaves (if used)).
5. If you want it ½ chunky & ½ creamy - pour about ½ of the soup into a different pot. Take out the bay leaves (if used).
6. Blend this part using an immersion blender until smooth. You can also blend the soup in a regular blender. Make sure to work in batches and not to overfill the blender. Pour the blended soup back into the large pot, add the dairy-free cream or canned coconut milk (if using) and stir to combine. Let simmer for a few more minutes, taste & adjust seasonings. Could add red pepper flakes for heat.
7. Serve in bowls, garnish with fresh parsley and top with bacon bits (if desired)

**Source:** [www.elavegan.com/vegan-german-potato-soup](http://www.elavegan.com/vegan-german-potato-soup)

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us at the Connections Café &/or Souper Stars to enjoy some food and community! See [www.forestbrook.ca](http://www.forestbrook.ca)**