



Potato-Carrot Soup

This soup was actually not what I intended to make. I started off making a vegetable stew that was made up of mostly potatoes and carrots. I decided to grab the submersion blender and make it into a soup, and it came out great!! Change it up with your own seasonings and let me know how it turns out.

6-8 medium potatoes, unpeeled & cut into 2 inch pieces
6 large carrots, chopped
2 onions, chopped
4 stalks of celery, chopped
2 tbsp Better Than Broth (vegetable, no oil variety)
2 tsp onion powder
2 tsp garlic powder
2 tbsp nutritional yeast
1 tbsp salt-free vegetable seasoning (like Mrs. Dash or I use one from BJ's brand)
1-2 cups unsweetened plant milk (I like oat milk)

Place potatoes, carrots, onions, celery and broth in a large stockpot and cover with water. Bring to a boil and then simmer until the vegetables are soft.

Use a submersion blender to blend all ingredients, leaving some lumps if desired.

Add seasonings and plant milk. The amount of plant milk will depend on the type that you use and how thick you like your soup.

Simmer for about 20 minutes.

Serve with a nice large salad or other greens and enjoy!