

# Cheesy Potato Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Russet potatoes, peeled, medium cubed	4	cups
Onion, small dice	1	cup
Celery, small chop	1	cup
Dairy-free margarine	2	tablespoons
Vegetable stock or water	2-3	cups
Salt	1	teaspoon
Cayenne pepper	1	dash
Coconut milk, canned	1	cup
Nacho cheese sauce		
Russet potatoes	1	cup
Carrots	½	cup
Olive oil	¼	cup
Reserved potato water	¼	cup
Lemon juice	1 ½	teaspoons
Nutritional yeast	1/4	cup
Salt, divided	3/4	teaspoon
Garlic powder	¼	teaspoon
Onion powder	¼	teaspoon
Cayenne	1	dash

## Preparation

1. Prepare nacho cheese sauce as follows:
  - a. Boil potatoes and carrots with 1 teaspoon of salt until very tender.
  - b. When done, drain and reserve liquid.
  - c. Put all ingredients in a blender. Blend until smooth.
  - d. If cheese is too thick add a little more of the reserved liquid and set aside until step 7.
2. Melt dairy-free margarine in a three-quart stockpot over medium heat.
3. Once melted, add celery and onions and sauté over medium heat for 3-4 minutes.
4. Add potatoes and vegetable stock or water, one cup at a time, using enough liquid to barely cover the potato onion mixture.
5. Bring to a boil and cook until potatoes are very tender.
6. When tender, use a potato masher and gently mash the potatoes, leaving some chunks.
7. Remove from the heat, add the nacho cheese and stir.
8. Finish with the coconut milk. Mix well.