

Vegan Potato Soup

Instructions

1. Place cashews in a medium bowl and cover with room-temperature water. Set aside while you prepare the rest of the soup.
2. In a Dutch oven or large soup pot, heat the olive oil over medium heat. Add the onions, carrots, and celery. Cook for 3 minutes.
3. Stir in the garlic. Then, add the potatoes and cauliflower. Sauté until the potatoes are slightly soft.
4. Add the broth, soy sauce, paprika, salt, and pepper. Bring to a steady simmer.
5. Let the soup simmer until the potatoes and cauliflower are tender, about 15 to 20 minutes.
6. Drain the cashews and put them in a high-powered blender or food processor. Ladle in several cups of soup (be careful to only fill the blender about half full as hot soup can splatter). Purée until smooth, then transfer back to the soup pot.
7. Purée the rest of the soup, either by transferring it to a blender in batches or with an immersion blender. Return all of the soup to the pot, then stir in the nutritional yeast and lemon juice.
8. Taste the soup and add more salt or pepper if needed. The amount of salt you need will vary based on the broth you use. Serve the soup hot, and top with optional green onions, chives, or croutons.

Ingredients

- 1/2 cup of cashews
- 2 tablespoons of extra virgin olive oil
- 1 large yellow onion, diced
- 3 medium carrots, peeled and diced
- 3 stalks of celery, diced
- 3 cloves of garlic, minced
- 3 medium or 2 large Yukon gold potatoes, peeled and diced into 3/4" cubes
- 1 medium head of cauliflower, cut into florets
- 4 cups of low-sodium vegetable broth
- 2 tablespoons of low-sodium soy sauce
- 2 teaspoons of smoked paprika
- 3/4 teaspoon of kosher salt
- 1/4 teaspoon of ground black pepper
- 1/4 cup nutritional yeast
- 1 tablespoon freshly squeezed lemon juice
- Chopped green onions or chives

Grocery List (add optional toppings to list as desired)

Produce

- Yukon gold potatoes
- Cauliflower
- Carrots
- Celery
- Yellow onion
- Garlic
- Green onions or chives
- Cashews

Canned Goods/Grocery

- Soy sauce
- Vegetable broth
- Smoked paprika
- Lemon juice
- Olive oil
- Kosher salt
- Black pepper
- Nutritional yeast