

# Hearty Potato Soup



There's a beauty to making vegetable soups in that you can switch ingredients to your own palette desires. I've adapted this recipe to make it healthier by mashing the soup instead of adding cream or making a flour slurry, and I've also included options if you want to change it up a bit.

## Ingredients:

6 medium red potatoes, washed and chopped into bite-sized pieces  
2 carrots, peeled and chopped  
6 celery stalks, diced  
4c vegetable broth  
1 yellow onion, chopped  
1T oil  
1/2t ground pepper

## Directions:

1. In a Dutch oven or large saucepan, cook onion in oil until translucent
2. Add remaining ingredients and cook until tender, about 20 mins.
3. Remove from heat
4. Using a potato masher (or an immersion blender) mash soup until it gets a creamier, but not smooth, texture.
5. Serve immediately or divide into containers for lunches. Enjoy!

## Tips:

- You can substitute a couple of sweet potatoes for a couple of the red potatoes to give it a sweeter taste.
- You can add frozen corn to the soup, if desired.