



Creamy Potato Soup

Cold nights require a great soup recipe. This one fits the bill.

2 Tbs. olive oil
1 medium yellow onion, chopped
4-5 medium Yukon Gold potatoes, chopped
2 cloves fresh garlic, minced or pressed
2 cups vegetable broth
3 cups plain, unsweetened soymilk
1 tsp. salt
1 tsp. dry mustard
1 tsp. dried sage
Freshly ground black pepper to taste

1. Heat the olive oil in a large soup pot over medium heat. Sauté the onion and potatoes for about 5 minutes. Add the garlic and vegetable broth and cover pot. Reduce heat and cook until vegetables are soft (about 20 minutes).

2. Add soymilk and spices. Cook until heated through. Use your favorite method to puree the soup: blender, immersion blender, or food processor. You can also mash the potatoes with a potato masher for a chunkier soup. Serve with some crusty bread.