

Cream of Potato Soup

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 45 minutes

Chef's Notes

Suggested adult serving: 2¾ cups

Store soup, rice, scallions, and bell peppers in separate airtight containers in the refrigerator for up to 3 days.

RECIPE TIPS

Wild and Brown Rice: Look for a wild and brown rice mix with no added seasonings.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Nutritional Yeast: Popular in plant-based cooking for its “cheesy” flavor, nutritional yeast comes in both flaked and powdered form. If you buy powdered, use ⅓ cup for every 1 cup of flakes specified in a recipe.

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

Step 1: Make the Soup

- 1/2 cup wild and brown rice mix rinsed & drained (see tip) (≈1 1/2 cups cooked)
- 3 cups low-sodium vegetable broth
- 1 lb + 11 oz Yukon Gold potatoes scrubbed & chopped (≈4 1/2 cups)
- 3/4 yellow onion chopped (≈3/4 cup)
- 18 fl oz unflavored plant milk (≈2 1/4 cups)
- 3 tablespoons nutritional yeast
- 1 dash cayenne pepper
- freshly ground black pepper
- sea salt
- 3 scallions (white & green parts) sliced (≈1/3 cup)
- 1/3 bell pepper chopped (≈1/3 cup)

PREPARE GRAINS

In a saucepan over high heat, bring 1 cup water to a boil. Add wild and brown rice, cover, and simmer until tender, about 40 minutes. Drain well. Let cool.

COOK POTATOES & ONIONS

Meanwhile, in a large saucepan over high heat, place vegetable broth, chopped potatoes, and onions. Cover and bring to a boil. Reduce heat to medium and simmer until potatoes are tender, 15 minutes. Using a slotted spoon, remove about half of the potatoes and onions and set aside.

BLEND SOUP

Using a potato masher or an immersion blender, mash remaining potatoes with broth until smooth. Add plant milk, nutritional yeast, cayenne, and reserved potatoes and onions.

FINISH SOUP

Simmer soup over medium heat until hot, 5 minutes. Season with salt and pepper to taste.

Serve soup over wild and brown rice. Sprinkle with scallions and bell peppers.