



A RECIPE BY JERSEY

HEALTHY POTATO SOUP

ingredients

- 4 large Russet potatoes
- 32 ounces of vegetable stock or (chicken or beef stock for non-vegan)
- 1 small onion and garlic
- Celery, 1-2 stalks
- 2 teaspoons of coconut oil or (ghee or butter for non-vegan)
- Salt and pepper to taste
- Dried parsley flakes or red pepper flakes
- Optional: Leeks, pumpkin, sweet potatoes, or turnips
- Add on: 1 large optional for in place of 1 large Russet potato
- Considering adding 1-2 teaspoons garam masala at the END of cooking not during

directions

- Scrub and peel the potatoes (optional add ons) well with veggie soap
- Cube into small pieces
- Onion, garlic, celery, and optional leek, mince finely
- Sauté the onions, garlic, and celery on the Sauté setting on the Instant Pot using oil, Ghee, or butter (leek is optional)
- Add the rest of the ingredients
- Put the lid on, check the gasket, and make sure it's positioned to the venting
- Use the rice function or 12 minutes manual

Try adding leeks, sweet potatoes, and pumpkin to really kick this soup up a notch!

FOR MORE RECIPES, VISIT FARMHOUSE-BC.COM