

60 Days to Reclaim YOUR Health



POTATO SOUP

Ingredients

2 Tbsp olive or grapeseed oil	2 onions (or leeks)
2 stalks celery, sliced	4 potatoes, cubed
2 cloves garlic or 1/2 tsp garlic powder	1 tsp onion powder
4 cups water	1 tsp thyme
1 1/2 tsp basil	1 tsp unrefined sea salt
2 Tbsp fresh parsley (or 1 Tbsp dried)	Opt: 1 tsp dill

Optional ingredients

2 carrots, grated
1 bunch kale (see below)
1 bunch broccoli
1 tsp prepared mustard

Directions

1. Sauté onion and celery in oil.
2. Add rest of vegetables, water, thyme, and basil and cook until tender (about 30 minutes).
3. Purée in blender or with hand blender, then mix in additional herbs and seasonings, and simmer for about 10 minutes more.

Variations

Potatoes can be used with skins on, peeled or half peeled (most nutritious with skins on). Purée just one half of soup for chunkier version.

If adding kale, break into small pieces and steam separately. Add to already puréed soup.

This creamy soup is great for cool evenings. Alternatively, serve it chilled for a chic, summer lunch.