aplantifulpath.org (99% oil-free)

VEGAN POTATO KALE SOUP (Teresa Sklenicka)

- 1 onion diced
- 2 celery stalks diced
- 5 cloves garlic. minced
- 8 cups diced potatoes
- 2 cups chopped kale
- 3 ½ cups veggie broth
- ⅔ cup **nutritional yeast**
- 2 teaspoons dry parsley
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup raw cashews (optional)
- 1 cups non-dairy milk

To cook on the stove top

- In a large stockpot, sauté the onions and celery, adding small amounts of water as necessary to keep the vegetable from sticking and to deglaze the pan.
- When the onions are soft and translucent, add the garlic and sauté for about 2 more minutes, until the garlic is fragrant.
- Add in the potatoes, kale, veggie broth, nutritional yeast, dry parsley, salt, and pepper. Bring the mixture to a boil, then reduce the heat to medium low and cook for 15 to 20 minutes, or until the potatoes are tender.
- Place two or three cups of the potato soup mixture in a blender with the cashews and non-dairy milk. Blend until smooth. Pour this mixture into the soup pot and stir to combine.

Notes

The cashews add a wonderful creaminess to this soup. If you are on a nut free diet, they can be left out and the soup is still absolutely delicious!

From "Welcome to A Plentiful Path!"

"We created this site to help you see just how easy and tasty it is to add more vegan meals to your diet. By following a plant based lifestyle, you'll likely see improvements in your health, as well as help to curb climate change and save the lives of many of our fellow creatures on this planet. …

About the Food The recipes on this site are 100% vegan, 99% oil free, and mostly made with minimally processed ingredients. We do use whole food sources of fats, such as nuts and seeds. While many of the recipes are whole food plant based, some are a bit more indulgent and contain white flour and or sugar. … We want to be here for anyone choosing to follow a vegan or plant based diet, whether it is for health, for the animals, or for the planet."