

# Creamy Potato and Kale Soup

## **INGREDIENTS:**

- 4 cups low-sodium vegetable broth
- 1 medium onion, diced
- 2 medium potatoes large, chopped
- 1 large carrot, sliced
- 1 rib celery, chopped
- 1 cup parsley, chopped
- 1 tsp sea salt (optional)
- 1/2 tsp freshly ground black pepper
- 1 clove garlic pressed or minced
- 3 large leaves kale cut into thin ribbons
- 2 cups unsweetened soy milk
- 4 Tbs cornstarch
- 3/4 cup nutritional yeast
- 1 tsp caraway seeds (optional)

## **INSTRUCTIONS:**

### Soup Base

1. In a large pot over medium heat, combine vegetable broth, onion, carrot, celery, 1/2 parsley, salt, pepper, garlic, potatoes, kale and caraway seeds.
2. Bring to boil, lower the heat, and simmer until the ingredients are almost tender, about 20 minutes.

### Creamy Sauce

1. In a small container, whisk the cornstarch with 1 cup of soy milk.
2. Add the rest of the soy milk to the pot and bring back to a boil. Add the cornstarch mixtures and stir to combine. Whisk it carefully so that it doesn't stick to the bottom of the pan until the soup thickens, about another 10 minutes.
3. Turn off the heat and stir in the nutritional yeast.