

Ugly Potato Soup

I call this soup "Ugly" for a reason...Once everything is cooked and combined, it becomes a rather mossy color, which on the surface is not very pretty...but the taste is truly beautiful!

Time: 10 min Cook Time: 20 minutes

Ingredients:

4 small potatoes (I use red, but you can use any you like)
Frozen broccoli
Frozen cauliflower
Package of split peas
½ yellow onion
1 box Vegetable stock (or chicken stock)
1 cup Coconut Milk (or regular milk)
Ghee (or butter)
Goat cheese (optional)

Seasonings:

1 tsp. Salt (preferably sea salt) – This is to taste; you may want more than this.
8-10 cracks of Peppercorns (or ½ tsp of ground pepper)
½ tsp. Turmeric
½ tsp. Cumin
1 tsp. Paprika
½ tsp. Garlic Powder
½ tsp. Basil
Small pinch of Rosemary

Directions:

- 1) Begin by peeling and quartering the potatoes. Next drop them into a saucepan filled with enough water to cover them all, and bring to a boil. Boil the potatoes until they are fork tender.
- 2) In a separate saucepan, begin cooking the split peas, per the directions on the back of the bag.
- 3) Either boil or steam both the broccoli and cauliflower, until fork tender. **Note: you can boil the broccoli and cauliflower at the same time, in the same pan, as the potatoes. They will have a similar cook time.

4) While the broccoli, cauliflower and potatoes are cooking, begin sautéing the onions. Cook them down to where they are nearly caramelized. Remove from heat and set aside.

5) Once all veg is cooked, combine in one large soup pot or dutch oven. Next, pour over the entire box of stock, and one cup of milk. Add all seasonings and ghee (or butter).

6) Using a stick blender, begin blending the soup together until you have a nice thick, smooth consistency. You can add some hot water or more milk as you go, if the mixture gets a bit too thick.

7) Once blended, you may need to reheat for a few minutes, as the stock and milk will have brought the temperature down. Serve piping hot.

****Optional:** serve with a disc of goat cheese on top.