The AlphaGal Kitchen Recipe by: Astrid Smith



Oma's Potato Soup

Ingredients:

Oil for sautéing

5 cups diced potatoes

1 lg onion diced

3 carrots cut in half lengthwise and sliced

2 stalks of celery cut in half lengthwise and sliced

½ cup of diced dill pickled

½ cup pickle juice

1 qt chicken broth

1 smoked casing-less turkey sausage cut into cubes (such as turkey kielbasa or 4 turkey hotdogs)

Salt to taste

Chopped parsley

Instructions:

In a larger stock pot, sauté carrots, onions and celery in oil until onions are translucent. Add potatoes and chicken broth and simmer for 30 minutes. Next add the sausage, pickles, pickle juice, and salt to taste. Simmer for 5 minutes, then add the finely chopped parsley and serve.