

Easy Potato Soup (Made with a high speed blender)

Ingredients

3 medium Yukon Gold potatoes cooked

1/2 small onion

1 cup vegetable broth

1/4 teaspoon rosemary

1/4 teaspoon pepper

1/2 teaspoon salt or to taste

1 tablespoon raw cashews

1 tablespoon nutritional yeast

1 1/2 cups non-dairy milk

Instructions

1. Place two of the potatoes along with the remaining ingredients into a high power blender. (I use a Vitamix) Start blender on low speed and increase to highest setting. Blend for about 4 minutes, until steaming hot. Dice remaining potato and divide it among 4 bowls.(I add a small amount of frozen hash brown potatoes) Pour the soup over the potatoes and serve hot.