



Ashley's Meal Prep Monday!



Comforting Veggie Potpie Soup

INGREDIENTS

- 1 medium russet potato
- 1 TBSP vegan butter
- 1 TBSP minced garlic
- 1/2 cup diced yellow onion
- 1 cup chopped carrots
- 1 cup chopped celery
- 3 cups vegetable stock
- 1 cup frozen peas
- 1 cup unsweetened almond milk
- 1/4 cup all-purpose flour
- salt/pepper to taste

Place potato in a small saucepan and cover with water. Bring to a boil and then lower the heat to a simmer. Cover the pan and simmer for 15-20 minutes. Remove from heat and set aside to cool. Once cool, gently remove the potato from the pan and remove the skin. Use a fork to smash the potato flesh. Try not to mash it too well, as there should be chunks to give the soup a hearty texture.

In a large saucepan, melt the butter over medium heat. Add the garlic and onion and cook for 5 minutes. Then, add the carrot and celery. Cook for 5 more minutes. Add the vegetable stock, peas, and smashed potato. Bring to a boil, cover and lower the heat to low for about 5 minutes.

Remove the pan from the heat and add in the almond milk. Stir, then sift in flour while whisking the soup to prevent clumps. Allow the soup to cool and thicken for 5-10 minutes. Season with salt and pepper, and enjoy!



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Recipe: Easy Low-Cal Vegan Eats Cookbook