

Garden Potato Soup

I ate this soup every week when I was on my weight loss journey. It is full of veggies, super filling and delicious. You will LOVE it!

Prep:
10 minutes

Cook:
15 minutes

Ready In:
25 minutes

Servings:
4



Ingredients

- 4-5 large russet potatoes, chopped
- 2 medium carrots, chopped
- 1/2 large onion, minced
- 3 cloves garlic, minced
- 2-3 tbsp tamari or soy sauce
- 4 tbsp nutritional yeast
- 1 tbsp dill
- 1 can of chickpeas rinsed and drained
- 3 cups water

Instructions

1 Instant Pot Directions - Set your instant pot to the saute function and add in your onions and garlic with 3-4 tbsp of water. Let saute about 5 minutes while you chop up the rest of your veggies. Next add in your tamari, carrots, celery and let saute 5 more minutes. Add in your potatoes, chickpeas and water, set instant pot to manual, sealed and cook for 5 minutes. Release the pressure about 10 minutes after it is done and add in your fresh herbs and nutritional yeast.

2 Instant Pot Directions - Set your instant pot to the saute function and add in your onions and garlic with 3-4 tbsp of water. Let saute about 5 minutes while you chop up the rest of your veggies. Next add in your tamari, carrots, celery and let saute 5 more minutes. Add in your potatoes, chickpeas and water, set instant pot to manual, sealed and cook for 5 minutes. Release the pressure about 10 minutes after it is done and add in your fresh herbs and nutritional yeast.

3 *RECIPE NOTES - You can use any fresh herbs you like or have in your garden. I usually use a mix of dill, oregano, thyme, sage and basil because that is what I have growing right now but I've made this before with just fresh dill and it was just as good. The key is FRESH herbs not dried are what is going to give this soup its great flavor. Putting in some fresh spinach or finely chopped kale once its done cooking is also great for extra nutrition. This recipe is very versatile so have fun with it. If you want the soup thicker like a stew stick to 2 cups of water and if you want it more filling like a soup add in 4 cups of water. You can also add extra salt to taste and fresh lemon juice before eating which is great.

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