

Vegan Potato Soup

SERVINGS
6-8

PREP TIME
20 MIN

COOK TIME
40 MIN

TOTAL TIME
60 MIN

Hearty potatoes and sweet corn make this cozy and filling, whether it's left chunky or blended smooth. Gentle savory seasonings bring everything together in each flavorful bite.

ORGANIZING
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Ingredients

Directions

This recipe is flexible and easy to adjust based on the vegetables you have on hand. Feel free to add more or less onion, celery, carrots, or potatoes, and adjust the spices and broth as needed to keep the flavors balanced.

1

- Olive Oil
- 1 Medium Onion
- 3 Ribs Celery
- ½ Bag (16 oz Bag) Baby Carrots

- Heat a generous drizzle of olive oil in a 6-qt stockpot over medium heat.
- Dice the onion and celery, add them to the pot, and sauté for about 3 minutes, stirring occasionally until they begin to soften.
- While they cook, dice the carrots and add them to the pot. Stir well and continue sautéing for another 3 minutes.

2

- 1 T Minced Garlic
- 2 tsp Lowry's Seasoned Salt
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- ½ tsp Pepper

- Add the minced garlic and seasonings to the pot. Stir well and cook for about 2 minutes, allowing the garlic to become fragrant and the spices to bloom and meld together.

3

- 5 Medium Russet Potatoes or similar amount of baby potatoes

- Scrub the potatoes thoroughly, leaving the skins on for added texture and nutrients, or peel them if preferred.
- Dice the potatoes into medium chunks, add them to the pot, and stir well. Cook for about 3 minutes to coat them in the seasoned vegetables.

4

- 2 Boxes (32oz ea) Vegetable Broth
- 1Can (15.5 oz) Garbanzo Beans

- Pour in the vegetable broth.
- Drain the garbanzo beans and add them to the pot, stirring to combine.
- Bring the soup to a gentle boil, then reduce the heat to a low simmer. Cook for 30–40 minutes, stirring occasionally, until the potatoes are fork-tender.

5

- 1 Can (15 oz) Corn

- Once the vegetables are tender, remove the pot from the heat and let it cool for a few minutes.
- Carefully blend the soup to your preference using a potato masher for a thinner, chunkier texture, or an immersion blender for a creamier consistency.
- Taste the soup and adjust salt or seasonings as needed. Add more broth to thin it out, if necessary.
- Drain the corn, add it to the pot, and stir well to combine.

TO SERVE: Salt and pepper to taste, served with saltine crackers or rye bread.