

RECIPE

Creamy Potato and Onion Soup



Wintertime means a time for bundling up, staying warm, and filling my belly with hot, healthy food! Soup is a great way to do this - it's simple, nutritious, and you can keep it stocked in the fridge, ready to be warmed up for any meal.

One of my favorites is Potato soup - thick, rich, and a little bit spicy, it is perfect for cold winter days. And this recipe is so quick, you can make it any day of the week!

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Potato and Onion soup

- 1 lb yellow onion, rough chopped (about 2 medium onions)
- 2 lbs russet potatoes, peeled and diced (about 2 large)
- 3 Tbsp olive or avocado oil
- 2 tsp kosher salt
- 1 Tbsp dried thyme
- 1 tsp crush rosemary
- 1 tsp cracked black pepper
- 1 bay leaf
- 2 quarts water

In a large pot, cook the onions, oil, and salt over medium heat, stirring frequently, until they are soft, translucent, and begin to smell sweet. Stir in the potatoes and remaining spices, and cook for another 5 minutes, stirring frequently.

Turn the heat to high, and add the water 2 cups at a time, allowing each batch to boil before adding the next. When all the water is added and boiling, drop the heat to medium, cover, and simmer for 30 minutes, stirring frequently to prevent the potatoes from cooking to the bottom of the pot.

Remove the pot from the heat, and blend the soup until smooth - you can do this with an immersion blender, or in batches in a conventional blender.

Serve hot with your choice of add-ins - I like diced, roasted potatoes with green onion, chopped leeks, kale, or peppers.