

Easy Potato and Mushroom Soup

Yields 4 cups

Cook time approximately 30 minutes

Ingredients

1-1.5 pounds Gold Potatoes (About 5 to 6), diced

15 oz Baby Bella Mushrooms, diced

1 pound Carrots, peeled and sliced

1 Medium Yellow Onion, diced

3.5 to 4 cups Vegetable Broth (more broth for thinner soup, less for thicker soup)

4-6 Cloves Garlic, minced

1/2 cup Coconut Milk

1 Teaspoon Salt

1.5 Teaspoons Dried Rosemary

1.5 Teaspoons Dried Thyme

Additional Salt and Fresh Cracked Black Pepper, to taste

1 Tablespoon Low Sodium Soy Sauce



Instructions

1. **Sauté Mushrooms, Carrots and Onions:** Heat a large pot on medium-high heat. Add the mushrooms, carrots and onions. Cook them until the mushrooms have shrunk and the carrots are soft. If you wish to go the extra mile, you can cook the mushrooms by themselves, set them aside, and then cook the carrots and onions to be browned.
2. **Add the Garlic and Spices:** Add the minced garlic, rosemary, and thyme (you can also add the salt and pepper now too) and cook them for about 30 seconds or until they become aromatic.
3. **Add the Potatoes and Broth:** Put the diced gold potatoes first to prevent splashing, then add your broth and give everything a good stir.
4. **Simmer:** Let the pot come to a boil. Then switch the heat to medium-low and let the soup cook for at least 15 minutes or until the potatoes are nice and soft. If you're in a rush, cook on medium heat and check frequently by sticking a fork into a potato cube. If your potato cubes are soft enough to cut with the side of the fork, the soup is ready.
5. **Serve:** Add the coconut milk and add in the soy sauce (if using). Carefully taste and adjust the salt levels as needed.