

Restorative Herbed Potato Soup

AnAppetiteForJoy.com

10 minute prep

8 servings

See recipe notes for paleo and vegan options

4-5 slices uncooked bacon, chopped
2 stalks celery
1 large onion
2 sweet potatoes, peeled
1 lb. small creamer potatoes
4 large zucchini
5 cloves garlic, peeled and smashed (optional, see notes)
10 cups chicken broth and/or water (I like to use 3 cups concentrated homemade bone broth and 7 cups water)
3 large handfuls of spinach
½ bunch parsley
2 cups loosely packed basil

Rough chop veggies into large chunks. If your creamer potatoes are very small you don't need to chop them. In a large soup pan, sauté the bacon on medium heat until crisp. Remove bacon with a slotted spoon and reserve for another use (it makes a good soup topping).

Cook the onion and celery in the bacon fat on low-medium heat until slightly softened. Add remaining veggies (except spinach and herbs) to the pot. Cover with broth/water and raise the heat to bring it to a boil.

Reduce heat to low and simmer until all the veggies are soft, about 30 minutes. Add in the spinach and herbs. Simmer only 3 more minutes to keep them fresh and green, then remove from heat. Carefully purée in batches in the blender. Add salt and pepper to taste. Serve.

NOTES:

This soup tastes good both with and without garlic. But don't omit it if making it vegan.

VEGAN OPTION:

Use olive, coconut or avocado oil in place of bacon fat. Opt for vegetable or mushroom broth.

PALEO OPTION:

If your paleo plan doesn't include white potatoes, or if you want to reduce the starch/glycemic load, sub all sweet potatoes.