

Long Livo

3-Ingredient Easy Potato Soup Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 2 lbs Russet potatoes, peeled and diced into 1/2-inch cubes
- [ ] 1 large yellow onion, finely chopped
- [ ] 6 cups vegetable broth
- [ ] 1 teaspoon salt (plus more to taste)
- [ ] 1/2 teaspoon black pepper

Instructions

1. Place the diced potatoes and chopped onion in a large pot. Pour in the vegetable broth and add the salt. Bring to a boil over medium-high heat.
2. Once boiling, reduce the heat to a gentle simmer. Cover and cook for about 15-20 minutes, or until the potatoes are very tender and starting to break apart when pressed with a spoon.
3. Remove from heat and use a potato masher to crush the potatoes to your desired consistency - I like it mostly smooth with a few chunks remaining.
4. Stir in the black pepper and taste for seasoning. Add more salt if needed. Let it sit for 5 minutes off the heat to thicken slightly before serving hot.

Nutrition per serving

180 kcal	5 g	40 g	0.5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother soup, blend with an immersion blender until desired consistency
- The soup will thicken as it cools - add more broth when reheating if too thick
- Leftovers keep well refrigerated for 4-5 days and freeze beautifully