

Long Livo

Hearty Potato Soup: Quick and Easy Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 2 lbs russet potatoes, peeled and diced
- [ ] 1 large yellow onion, chopped
- [ ] 4 cups chicken broth
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp olive oil

Seasonings

- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] 1 bay leaf
- [ ] Optional: fresh thyme or parsley

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and cook until it's soft and translucent, about 5-7 minutes. I love this part—the way the kitchen starts to smell like something wonderful is happening. Stir occasionally so the onions don't brown too much.
2. Add the minced garlic and cook for another minute until fragrant. Garlic can burn easily, so keep an eye on it. That golden moment when the garlic just starts to release its scent? That's when you know you're building flavor layers.
3. Add the diced potatoes, chicken broth, bay leaf, salt, and pepper. Bring everything to a gentle boil, then reduce the heat to a simmer. Cover the pot and let it cook until the potatoes are tender, about 15-20 minutes.
4. Once the potatoes are soft enough to easily pierce with a fork, remove the bay leaf. Use a potato masher to lightly mash some of the potatoes right in the pot—this creates that lovely creamy texture. Taste and adjust seasoning if needed.

Nutrition per serving

280 kcal Calories	**8 g** Protein	**45 g** Carbs	**7 g** Fat

Tips & notes

- Don't worry about perfect dice—rustic chunks add character
- The soup will thicken as it cools
- Leftovers make amazing next-day lunches
- You can add cooked bacon bits for extra flavor