

## **BRYANNA'S CREAMY, CHEESEY VEGAN MASHED POTATO SOUP**

**Serves 6**

1 Tbsp olive oil

1 Tbsp dark sesame oil

1/2 a medium onion, chopped

2 cloves garlic, minced

5 cups cooked, peeled potatoes (*made with about 2 1/2 lbs. potatoes [I prefer yellow]-- microwaved, steamed or baked*)-- these can be leftover

**Mashed with:** 1 cup (*approximately*) soy milk or other plant-based milk and salt to taste

**Extra-Tangy Melty Cheddah Cheeze Sauce:**

1 cup water (*OR use 1/2 cup water and 1/2 cup beer*)

1/2 cup nutritional yeast flakes

2 Tbsp cornstarch

1 Tbsp white flour

(*another option would be 1/4 cup very finely-ground oat flour instead of the starch and white flour*)

1 tsp lemon juice

1/2 tsp salt

1 Tbsp tahini

**Additional:**

4 cups vegan "chickeny" broth (*I like Better Than Bouillon No-Chicken Vegan Soup Base*)

1 cup unsweetened vegan creamer (*such as So Delicious Original Coconut Creamer*) OR 1/2 cup each plant-based milk blended with 1/2 cup extra-firm silken tofu (*or medium firm regular tofu*)

**Garnish:**

vegan "bacon bits"

smoked paprika

chopped green onions (*green parts only*)

Sauté the chopped onion and minced garlic in the two oils over medium heat until soft OR microwave them with the oils in a microwave-safe pie plate or bowl with lid for about 4 minutes.

Mash the cooked potatoes with the soy or other milk.

**Make the Extra-Tangy Melty Cheddah Cheeze Sauce:** In a blender, mix all of the Cheeze Sauce ingredients *EXCEPT* the tahini until smooth. Microwave in a 1-2 qt. microwave-safe batter-bowl or measuring pitcher on High for 2 minutes; whisk; microwave for 2 minutes again and whisk.

OR Pour the blended mixture into a medium saucepan and stir constantly over medium heat until the mixture thickens. Let bubble for 30 seconds, whisking vigorously. Remove from heat.

Stir the tahini into the sauce.

Mix the Sauce in a large pot with the sautéed onions and garlic, the mashed potatoes, the creamer and the broth. Use an immersion blender right in the pot to make it smooth. (Otherwise, you will have to blend the mixture together in a regular blender in two batches and return it to the pot.)

Bring to a simmer, turn down and simmer, partially covered for about 10 minutes. Add more vegan creamer or plant based milk if it's too thick for your taste.

Serves hot with plenty of vegan "bacon bits" on top and a sprinkle of smoked paprika and green onions.

### **Nutrition Facts**

#### **Nutrition (per serving, with no garnishes):**

335 calories, 59 calories from fat, 6.9g total fat, Saturated Fat 0.87g, Monounsaturated Fat 3.02g, Polyunsaturated Fat 1.71g, Trans Fatty Acids 0g, 0mg cholesterol, 657.5mg sodium, 1550.9mg potassium, 58.1g carbohydrates, 6.2g fiber, 4.3g sugar, 12.3g protein.

**Compare the recipe above with this fairly standard non-vegan version of the soup from**

**<http://www.midwestliving.com/recipe/soups/bacon-and-baked-potato-soup/> :**

510 calories, 360 calories from fat, 40g Total fat, 23g saturated fat, 12g Monounsaturated fat, 2g Polyunsaturated fat, 188 mg cholesterol, 1056mg sodium, 610mg Potassium, 22g carbohydrates, 2g fiber, 2g sugar, 17g protein.