



Loaded Vegetarian Potato Soup with Mushroom "Bacon"

GF
option

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option

INGREDIENTS

SOUP

3 tbsp Gustare Vita olive oil
2 tsp bottled minced garlic
1 (24-oz.) pkg. Basket & Bushel petite red potatoes, quartered
2 cups leeks, thinly sliced, white and light green parts only
1 medium yellow onion, chopped
1 tbsp Hy-Vee dried parsley
1 tsp Hy-Vee salt
1 tsp Hy-Vee black pepper
6 cups Hy-Vee vegetable stock
3 tbsp Hy-Vee corn starch
3 tbsp cold water
2 cups Hy-Vee whole milk
2 (8-oz.) pkgs. Hy-Vee mild cheddar cheese bricks, shredded; divided
Hy-Vee sour cream, for serving
Sliced green onion, for serving
Coarsely ground Hy-Vee Malabar black pepper, for garnish

MUSHROOM "BACON"

1 (8-oz.) pkg. whole white mushrooms, thinly sliced
2 tbsp Gustare Vita olive oil
2 tbsp tamari
2 tbsp Full Circle Market organic light-colored agave nectar

PREPARATION

- 1 Heat olive oil in a 6-quart stockpot over medium heat. Add garlic; cook for 30 to 60 seconds or until fragrant. Add potatoes, leeks, onion, parsley, salt and 1 teaspoon black pepper. Cook for 5 to 6 minutes or until onion is softened, stirring occasionally.
- 2 Add vegetable stock. Bring to a gentle boil; reduce heat. Simmer, uncovered, over medium-low heat for 30 to 35 minutes or until potatoes are fork-tender.
- 3 For the mushroom "bacon," preheat oven to 400°. Line a large rimmed baking pan with parchment paper; set aside. Combine mushrooms, olive oil, tamari and agave nectar in a medium bowl; toss to coat. Let stand for 10 minutes. Drain; place mushrooms in a single layer in prepared baking pan. Bake for 15 to 20 minutes or until tender.
- 4 Remove stockpot from heat. Blend mixture in stockpot using an immersion blender until smooth. Whisk together corn starch and water in a small bowl; stir into soup mixture. Bring soup to a simmer over medium-low heat, stirring constantly.
- 5 Stir in milk and 3 cups shredded cheese. Cook for 4 to 5 minutes or until slightly thickened, stirring occasionally.
- 6 To serve, ladle soup into serving bowls. Top with sour cream, remaining shredded cheese, Mushroom "Bacon" and green onions. Garnish with Malabar black pepper, if desired.

Total Fat: 30g
Saturated Fat: 14g
Trans Fat: 0g
Cholesterol: 68mg

Carbohydrates: 34g
Fiber: 3g
Sugar: 9g
Protein: 20g