



Potato Curry Soup

An energizing and hearty winter soup

3-6 Tbs. olive oil
1 onion
3 cloves garlic, chopped
10 small potatoes, cubed
10 cups water
1/2 tsp. each black pepper, turmeric, ground ginger,
mild chili powder, and dried basil
1 1/2 tsp. each ground coriander and cumin
3 tbs. instant vegetable stock
2 tbs. tamari soy sauce or Bragg's Liquid Aminos
2 cups peas or chopped fresh spinach (optional)

Sauté chopped onion in oil until golden, add garlic and cook 2 more minutes. Add cubed potatoes, water, and everything else except optional ingredients. Stir and let simmer uncovered over a medium-low flame for about 1 hour. Stir occasionally and add more water if necessary (if it becomes too thick). Put about 3 cups of the potatoes into a blender with a small amount of the liquid. Blend and return to pot. Add optional ingredients and cook 10 more minutes. Serve with a garnish of scallion and yogurt if desired. If you prefer a spicier dish, add 1 tsp of red chili flakes while cooking.
This dish tastes even better the next day!