

Jim's Real Food Kitchen

A Plant Based Whole Foods Lifestyle



Creamy Vegetable Soup – Vegan Jim's

First made in Vegan Jim's kitchen 3/7/2021

Ingredients

- 666 gr. raw russet potatoes (~5.5 oz.)
- 153 gr. raw onion (~5 3/8 oz.)
- 158 gr. raw carrots (~5 1/2 oz.)
- 162 gr. raw celery (~5 5/8 oz.)
- 6 cups tap water
- Optional - use spice(s) of your choice



Notes:

- Spices may be a consideration if you want a stronger flavor.
- Vegan Jim uses all organic ingredients.

Directions

1. Put all ingredients into large cooking pot.
2. Simmer for 40 minutes.
3. After cooking, all ingredients are blended in blender.
4. Ready to eat.

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Creamy Vegetable Soup - Vegan Jim's		
Nutrition Facts		
Serving Size 100g		
Amount Per Serving	% Daily Value*	
Calories	36.9 kcal	2 %
Total Fat	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	16.5 mg	1 %
Total Carbohydrate	8.4 g	3 %
Dietary Fiber	1 g	4 %
Sugars	1.1 g	
Protein	1 g	2 %
Vitamin A	29 %	Vitamin C 6 %
Calcium	1 %	Iron 2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.