

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Potato Soup

5 medium to large potatoes cubed into 1 inch pieces
1 onion chopped
1 carrot sliced
1 stalk celery chopped
4 cloves garlic minced
1/4 cup dried white beans
3 teaspoons real salt
Black pepper to taste

Put potatoes in a large soup pot and add enough distilled water to cover the potatoes well. Cook the potatoes on a low temperature until soft. In another small pot cook the onion, carrot, celery and garlic in distilled water until soft. Grind the beans into flour using a grain mill, a coffee grinder or in a Vitamix (add the beans to the Vitamix with a cup of water and blend on high for a couple of minutes). Add this to the potatoes and simmer for at least 3 minutes. Blend the carrot and onion mixture well and add to the rest of the soup. Add the salt and pepper and any other herbs or spices you desire. Enjoy

