

RECIPE | CUCUMBERS

# CREAMY VEGAN CUCUMBER SOUP



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## INGREDIENTS

- 3** Pure Flavor® Organic Long English Cucumbers, sliced
- 3** organic yellow potatoes, diced
- 1** organic bay leaf
- 1** organic yellow onion, diced
- 2 cups** organic vegetable stock
- 1 tbsp** organic avocado oil
- 4 tsp** organic minced garlic
- 2 tsp** fresh organic parsley, chopped & divided
- Salt & pepper, to taste

## DIRECTIONS

- 1** Heat oil in a large pot over medium-high heat and sauté the onion for 10 minutes.
- 2** Add garlic, diced potatoes, bay leaf, and parsley. Season with salt and pepper, then pour in vegetable stock. Cook on medium heat for 20 minutes.
- 3** Stir in cucumbers and cook for additional 2 minutes.
- 4** Remove from stove and blend soup until smooth.



**50 min**

**15 min** | **35 min**  
PREP. | COOKING



**4**



**easy**