



EVERYTHING *Herbal*

— by Cheryl Jabz —

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Creamy Fenugreek Potato Soup

BENEFITS:

Comforting and filling.
Easy weeknight meal.
Fenugreek adds subtle depth.



INGREDIENTS

- 4 potatoes, diced
- 1 small onion, chopped
- 3 cups vegetable broth
- ½ tsp ground fenugreek
- ½ cup milk
- Salt and pepper to taste

INSTRUCTIONS

- 1 Simmer potatoes, onion, broth, and fenugreek until tender.
- 2 Blend half the soup for a creamy texture.
- 3 Stir in milk.
- 4 Heat through and season.

FENUGREEK FLAVOR TIP

A little fenugreek goes a long way. Start with ¼–½ teaspoon ground fenugreek in baked goods and savory dishes. Too much can make foods taste bitter.

Fenugreek pairs especially well with:

Apples ~ Cinnamon ~ Maple syrup ~ Honey ~ Garlic ~
Potatoes ~ Chicken ~ Yogurt ~ Oats ~ Lentils and beans



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