

## POTATO FENNEL BISQUE

- 1 T butter  
1 T canola oil  
1 large onion - diced  
1 bulb fennel, chopped  
4 cups potato, peeled and diced  
1/4 cup parsley, finely chopped  
salt and pepper to taste  
4 cups vegetarian chicken broth or vegetable stock  
2 cups soy milk - or regular milk  
3 T corn starch  
1/4 cup water

pepper + about 1 tsp salt  
(don't add salt till you've tasted the soup... and add only what tastes right)

- 1) Melt butter and canola oil in a soup pot. Add onions and fennel and sauté until soft. - + translucent
- 2) Add potatoes, salt, pepper, and stock. Bring to a boil, reduce heat, cover, and simmer for 30 min.
- 3) Stir in soy milk. Mix corn starch and water and add to soup. Add parsley, stir until thick.

if don't like taste of fennel - can substitute - celery  
3-4c chopped

typically high fat + creamy

red skinned potatoes  
(yukon gold - have a buttery flavor)

spiced  
with  
garlic

(thins like celery)