

Cream of Kohlrabi Soup

Cream of kohlrabi soup, with no cream needed! This simple soup gets its flavor and creamy richness from the potatoes. Serve with crispy kohlrabi greens and nothing goes to waste!

Ingredients

- 1 yellow or white onion diced
- 3 cloves garlic minced
- 1/4 tsp ground black pepper
- 1/4 tsp red pepper flakes
- 8 oz Yukon gold potatoes peeled and cubed (or other waxy potatoes)
- 16 oz kohlrabi peeled and cubed
- 4 cups low-sodium vegetable broth
- 1 bay leaf
- fresh herbs (optional, for serving)

Instructions

- Add the onion and a pinch of salt to a stockpot, and cook with occasional stirring until the onion is softened but not browning, 4 to 5 minutes. Add a little vegetable broth if needed to prevent sticking. Add the garlic, black pepper, and red pepper flakes, and cook for another 60 seconds or until the garlic is fragrant.
- Add the cubed potatoes and kohlrabi, stirring to combine, and cook for about 1 minute. Add the vegetable broth and bay leaf. Bring the mixture to a boil, then reduce it to a simmer. Continue to cook, stirring occasionally, until the kohlrabi and potatoes are tender, about 20-25 minutes.
- Remove the bay leaf. Use an immersion blender to puree the soup until smooth; or transfer to a blender or food processor and puree in batches. Season to taste with additional salt & pepper, and serve warm.

Notes

KOHLRABI GREENS: Wash the greens well and cut them into bite-sized pieces. Preheat the oven to 350 Fahrenheit. Dry the greens very well, spray lightly with cooking spray, salt them, and bake them on a baking sheet until crisp and lightly browned, about 6-10 minutes (timing will vary).

POTATO TYPE: If you know you'll be using a high-speed blender and want the creamiest possible texture, I actually recommend Russet potatoes over a waxier kind. However, if you are NOT using a high-speed blender then Yukons are likely to yield the best results; Russets can get kind of strange and grainy when blended at too low of a speed.

Nutrition

Serving: 1bowl | Calories: 147kcal | Carbohydrates: 24g | Protein: 3g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Potassium: 681mg | Fiber: 6g | Sugar: 5g | Vitamin C: 112.2mg