



ECUADORIAN POTATO SOUP

SERVINGS 6

🕒 PREP TIME 15 MIN

COOK TIME 35 MIN

INGREDIENTS

- 1 large onion (chopped)
- 2 cloves garlic (minced)
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- Optional: 1 tablespoon Aji Amarillo Paste
- 1 teaspoon cumin
- 2 pounds yellow potatoes
- 2 cups chicken stock
- 2 cups of water
- 1/2 cup cream
- 1/2 cup milk
- 1 egg
- 5 ounces Monterey jack cheese (grated)
- Optional garnish: diced avocado
- Optional garnish: crumbled queso fresco cheese
- Optional: Aji sauce

DIRECTIONS

1. Melt 1 tablespoon butter and 1 tablespoon vegetable oil in a heavy soup pot.
2. Add the chopped onion and minced garlic, and optional Aji Amarillo Paste. Sauté onions over low heat until soft, fragrant and translucent.
3. While the onions are cooking, peel the potatoes and cut into 1-inch cubes. Set aside.
4. When the onions are soft and golden, add 1 cup of the chicken stock.
5. Remove mixture to a blender and process until you have a smooth puree. Set aside.
6. Add the potatoes to the soup pot along with 1 tablespoon butter. Sauté until potatoes are fragrant and just start to turn golden.
7. Add onion liquid back to the pot with the potatoes, along with another cup of chicken stock and 2 cups water.
8. Bring liquid to a simmer, season with salt and pepper to taste, and cook potatoes until they are very tender about 20 to 25 minutes.
9. Mash the potatoes thoroughly in the pot with a potato masher.
10. In a small bowl, whisk the egg together with the cream and milk. Whisk a cup of the hot soup mixture into the milk and cream, then add it all to the soup, whisking to blend.
11. Whisk in the grated cheese until melted. Season soup with salt and pepper to taste.
12. Serve soup hot, garnished with chopped avocado and crumbled queso fresco cheese.

