



## ECUADORIAN POTATO SOUP

**SERVINGS** 6  
**PREP TIME** 15 min  
**COOK TIME** 50 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
- DIRECTIONS**
- 1 egg
- 5 ounces Monterey jack cheese (grated)

### DIRECTIONS

1. **Sauté the Aromatics:** Place a heavy-bottomed pot over low heat. Melt 1 tablespoon of butter with 1 tablespoon of vegetable oil. Stir in the diced onions, minced garlic, and the optional Aji Amarillo paste. Cook until the onions are translucent, fragrant, and soft.
2. **Create the Puree:** Pour 1 cup of chicken stock into the pot with the onions. Transfer this mixture to a blender and process until completely smooth. Set this liquid aside.
3. **Prepare the Potatoes:** While the onions are working, peel your potatoes and chop them into 1-inch cubes.
4. **Brown the Potatoes:** Wipe out your pot if needed, then add another tablespoon of butter. Toss in the potato cubes and sauté them over medium heat until they become fragrant and just begin to turn a light golden color.
5. **The Main Simmer:** Pour the blended onion puree back into the pot with the potatoes. Add the remaining 1 cup of chicken stock and 2 cups of water.
6. **Cook until Tender:** Bring the liquid to a gentle simmer. Season with a pinch of salt and pepper, then let it cook for 20 to 25 minutes until the potatoes are very soft.
7. **Mash for Texture:** Use a potato masher directly in the pot to thoroughly crush the potatoes into the liquid, creating a thick, rustic consistency.
8. **Temper the Dairy:** In a small bowl, whisk together the egg, cream, and milk. To ensure a smooth texture, slowly whisk one cup of the hot soup into the dairy mixture (this is "tempering").
9. **Combine:** Pour the tempered dairy mixture back into the main soup pot, whisking constantly to incorporate.
10. **Add Cheese:** Stir in the grated cheese until it is fully melted. Give the soup a final taste and adjust the salt and pepper as needed.
11. **Garnish and Serve:** Ladle the hot soup into bowls and top with fresh avocado slices and crumbled queso fresco.



- Optional garnish: diced avocado
- Optional garnish: crumbled queso fresco cheese
- Optional: Aji sauce