



LOVE  
FOOD  
hate waste

Did you know we throw out  
**2,600,000** potatoes  
every day in Canada?



TIP

Store potatoes in a cool, dry, dark place, ideally in a cloth bag away from strong-smelling foods like onions. Sprouted or blemished, try our **Potato Onion Soup**.

More tips at: [lovefoodhatewaste.ca](https://lovefoodhatewaste.ca)

# Potato Onion Soup

**YIELD: 4 SERVINGS**

**TIME: 40 MINR**

## INGREDIENTS

### FILLING

3 medium potatoes  
1 Tbsp oil  
2 large onions, thinly sliced  
2 cloves garlic, minced  
3 sprigs fresh thyme (1 tsp dried)  
5 cups vegetable broth  
1 bay leaf  
Salt and pepper to taste  
Parmesan cheese & Parsley for garnish

**Add bread crusts and bread ends to the topping for extra crunch.**



- 1 Wash potatoes. Do not peel, simply remove any green spots, sprouts or blemishes. Grate and keep covered in water.
- 2 Heat oil in large pot and cook onion until soft, not browned.
- 3 Add garlic and thyme, cook 1 minute.
- 4 Remove potatoes from water and add to pot. Add broth and bay leaf and simmer for 25 min.
- 5 Season with salt and pepper.
- 6 Serve topped with Parmesan cheese and fresh chopped parsley.

Shriveled or sprouted potatoes are safe to eat; simply cut out the sprouts and remove any green parts from potatoes before eating.

**#EveryBiteCounts**

