

Creamy Vegetable Soup

By Yumna Jawad • Updated: March 3, 2025 • Rating: 4.76/5 (95 votes)

Overview

A cozy, comforting vegan soup that is naturally gluten free, easy to make, and loaded with vegetables. Blend as smooth or as chunky as you like, and finish with plant-based milk for creamy richness without heaviness.

At a Glance

Yield	Serves 6
Diet	Vegan (with plant milk & vegetable broth), Gluten Free
Prep Time	10 minutes

Ingredients

Base

- 2 cloves garlic, minced
- 1 medium onion, finely chopped
- 2 tablespoons extra-virgin olive oil
- 2 medium potatoes, peeled and roughly chopped (Yukon Gold preferred)
- 6 celery stalks, divided (4 for simmering; 2 added later for texture)
- 6 cups vegetable broth (*sub low-sodium chicken or beef broth if not vegetarian*)
- 1–2 teaspoons dried thyme (*or about 2 tablespoons fresh thyme*)
- Salt and freshly ground black pepper, to taste

Finish & Mix-ins

- 1 1/2 cups unsweetened almond milk (*or other plant milk; regular milk or a splash of cream also work*)
- Frozen peas and frozen corn, to taste (*or other frozen veg such as green beans, cauliflower, broccoli*)
- Fresh parsley or green onions (scallions), thinly sliced, for garnish

Popular Additions

- **Tomatoes:** Stir in one 15-ounce can chopped tomatoes with the broth for gentle acidity.
- **Greens:** Add a few handfuls of kale (with peas/corn) or baby spinach in the last 2–3 minutes.
- **Extra creaminess:** Blend in up to 1/4 cup room-temperature sour cream, or dollop at serving (non-vegan).

How to Make Creamy Vegetable Soup

1. **Sweat the mirepoix.** Heat olive oil in a large Dutch oven over medium heat until shimmering. Add onion, carrots, and celery (use 4 stalks; reserve 2) with a pinch of salt and pepper. Cook, stirring, until softened but not browned.
2. **Add potatoes, garlic, and thyme.** Stir in potatoes, minced garlic, and thyme; cook 1–2 minutes until fragrant.
3. **Simmer.** Add vegetable broth, bring to a boil, then reduce to a gentle simmer. Cover and cook until potatoes are very tender when pierced with a fork.
4. **Purée most of the soup.** Use an immersion blender to blend until mostly smooth, leaving some texture. *No immersion blender?* Carefully blend in batches in a countertop blender, then return to the pot, reserving about one-third unblended for chunkiness if desired.
5. **Finish with milk and veggies.** Stir in almond milk, the remaining 2 celery stalks (thinly sliced and par-cooked if you like them very tender), and frozen peas and corn. Simmer gently, covered, until heated through and slightly thickened. Do not boil after adding milk.
6. **Season & serve.** Adjust salt and pepper. Ladle into bowls and garnish with parsley or scallions. Serve hot with crusty bread.

My Best Tips

- Cut vegetables small (especially carrots) for faster cooking and better flavor extraction.
- No need to peel Yukon Gold potatoes; the skins add nutrients and body.
- Season lightly at each step; adjust at the end to avoid oversalting.
- Keep heat moderate when sweating onions, carrots, and celery to draw out sweetness without browning.

What to Serve

- Warm pita or crusty bread
- White bean & avocado sandwich
- Zucchini fries
- Toast with hummus
- Grilled cheese (if not vegan)

Notes: Use vegetable broth and plant milk for a fully vegan soup. For thicker soup, blend more; for chunkier texture, blend less.