

Chaya and Potato Soup

Ingredients:

Amount (1,.50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
50		fresh Chaya leaves	stems removed
4	cups	Filtered water	
1	tsp	salt	
2	Tbsp	butter	
2	pounds	potatoes	Peeled and chopped into 1 inch pieces
4	cups	Filtered water	
		salt and pepper	to taste

Recipe Instructions:

- 1. Boil the Chaya in 4 cups filtered water for 10-15 minutes with 1 tsp salt to remove toxins.
- 2. Discard water from the Chaya.
- 3. Cook peeled and chopped potatoes in 4 cups of filtered water until well done. DO NOT USE water from Chaya.
- 4. Blend Chaya, potatoes, and butter in blender and liquefy. This may be done in several batches. (If there is no blender available, Chaya, potatoes and butter may be mashed with a potato masher or mortar and pestle. Mash until liquefied.)

- 5. Use additional filtered water as needed to achieve desired consistency.
- 6. Salt and pepper to taste. This is really a great soup!

http://edn.link/6eg2pt