

Choco Fever Dream

Creamy Cajun Potato Soup - Warm & Spicy

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 4 cups potatoes, peeled and diced
- [ ] 1 cup onion, finely chopped
- [ ] 1 cup bell pepper (red or green), diced
- [ ] 2 cloves garlic, minced
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tsp smoked paprika
- [ ] 2 tbsp olive oil
- [ ] Juice of 1/2 lemon
- [ ] Salt and pepper to taste

Optional Toppings

- [ ] Grated cheddar cheese
- [ ] Fresh parsley, chopped
- [ ] Crumbled turkey ham

Instructions

1. In a large pot, heat olive oil over medium heat; add onion, bell pepper, and garlic, sauté until softened and fragrant.
2. Stir in Cajun seasoning, smoked paprika, and a pinch of salt; toast for about 30 seconds to awaken the spices.
3. Add diced potatoes and chicken broth; bring to a gentle boil, then reduce heat and simmer until potatoes are tender, about 15-20 minutes.
4. Use a hand blender to partially puree the soup, leaving some chunks for texture; stir in heavy cream and lemon juice, heating gently.
5. Season with additional salt, pepper, or extra cayenne if you like more heat. Ladle into bowls, garnish with cheddar, parsley, and crumbled turkey ham if desired.

Nutrition per serving

340 kcal	12 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning before serving; the soup thickens as it cools.
- For an extra smoky note, add a dash of liquid smoke.
- If the soup becomes too thick, thin with extra broth or water.