

Frugal Foodie Friday: Creamy Dairy-Free Potato Miso Soup

In case you hadn't noticed, we have added "Frugal Foodie Fridays" to our weekly front page line-up. Over at my personal blog, One Frugal Foodie, I prepare easy dishes from scratch to help keep the food bill in check, while still enjoying healthy, milk-free foods. Once a week I will pick a favorite recipe from among my recent posts to feature here on GoDairyFree.org, but feel free to visit One Frugal Foodie for more recipe and food posts. An RSS feed is available. This week is a soup that has made its way into our regular rotation at home, Rich and Creamy Potato Miso Soup. It is very quick and easy to prepare, yet the resultant meal is full of flavor and has a wonderful chowder-like consistency. Plus, it can be customized to fit a soy-free, gluten-free, and/or vegan diet! This recipe is also up for a vote on No Croutons Required; your quick vote would be appreciated!