

Bite Spoon

Slow Cooker Cajun Potato Soup Recipe

20 min Prep time	**8 h** Cook time	**8 h 20 min** Total time
6 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Soup Base

- [ ] 2 lbs Yukon Gold potatoes, peeled and cubed
- [ ] 1 large yellow onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 green bell pepper, diced
- [ ] 6 cups chicken broth
- [ ] 2 tsp Cajun seasoning
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste

Finishing Ingredients

- [ ] 1 cup heavy cream
- [ ] 2 tbsp butter
- [ ] 2 tbsp chopped fresh parsley
- [ ] Sliced green onions for garnish

Instructions

1. Heat a tablespoon of oil in a skillet over medium heat. Add the diced onion and green pepper and sauté until softened, about 5 minutes. Add the garlic and cook for another minute until fragrant.
2. Transfer the sautéed vegetables to your slow cooker. Add the cubed potatoes, Cajun seasoning, smoked paprika, thyme, bay leaf, and chicken broth. Season with a pinch of salt and pepper.
3. Cover and cook on low for 6-8 hours, or on high for 3-4 hours, until the potatoes are tender when pierced with a fork. Try not to lift the lid too often during cooking.
4. About 30 minutes before serving, remove the bay leaf. If you'd like a thicker soup, use a potato masher to gently crush some potatoes against the side of the pot.
5. Stir in the heavy cream and butter. Cover and let heat through for 15-20 minutes on the warm setting. Taste and adjust seasoning if needed.
6. Ladle into bowls and garnish with fresh parsley and green onions. Serve hot with crusty bread for dipping.

Nutrition per serving

285 kcal	7 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- This soup thickens as it cools, so you may need to add a splash of broth when reheating leftovers
- For a spicier version, add an extra teaspoon of Cajun seasoning or a pinch of cayenne
- The soup can be made up to 2 days ahead - just wait to add the cream until reheating