

# Potato Salad – Vegan – SOS

Prep Time: 20 minutes  
Cook Time: 15 minutes  
Total Time: 35 minutes

Serving Size: 8  
Calories per serving: 317  
Fat per serving: 0.5 grams

*'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-138.*

## Ingredients

- 12 cups red creamer potatoes, cut into 1-inch cubes
- 1 cup celery juice or vegetable stock
- 3 cups water
- 3 ribs celery, diced
- 2 carrots, diced
- 1 red or green bell pepper, diced
- 1/2 cup diced green onions
- 1 1/2 tablespoons dill weed
- 1 teaspoon basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 

## Instructions

1. In a 4-quart saucepan, simmer the potatoes in the juice or stock and water until just tender. Allow to cool.
2. In a large mixing bowl, combine the remaining ingredients, and let stand to marry the flavors.
3. When the potatoes are cool, mix all the ingredients together, and serve.

## Notes

Calories: 317, from fat: 3, total fat: 0.5g, cholesterol: 0mg, sodium: 44mg, total carbohydrate: 37g, fiber: 5.5g, sugar: 2g, protein: 6.6g.