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Dr. Gundry's Leek & Cauliflower Soup Recipe (lectin-free!)



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Ingredients

- ▶ 3 tablespoons extra-virgin olive oil
- ▶ 1 pound leeks, cleaned and chopped
- ▶ 2 stalks celery, diced
- ▶ 3 cloves garlic, minced
- ▶ 1 large head of cauliflower, cut into 2 inch florets
- ▶ 2 quarts homemade or salt free chicken or vegetable stock
- ▶ 1/4 cup grated parmesan (optional, but delicious)
- ▶ 1 bay leaf
- ▶ 1/2 teaspoon fresh nutmeg
- ▶ 1 teaspoon fine sea salt, or more to taste
- ▶ 2 teaspoons coarse black pepper
- ▶ finely chopped chives or thyme for garnish

[View the full recipe at gundrymd.com](http://gundrymd.com)

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