

# LEEK AND “POTATO” SOUP RECIPE

**Serves 6-8**

## **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
- ¼ cup grated parmesan (optional, but delicious) **1 TBSP nutritional yeast**
- 1 bay leaf
- ½ teaspoon fresh nutmeg
- 1 teaspoon fine sea salt, or more to taste
- 2 teaspoons coarse black pepper
- finely chopped chives or thyme for garnish

## **Instructions**

1. Heat the olive oil over medium-high heat in a large soup pot. Add leeks, celery, garlic and cauliflower, along with the nutmeg, salt and pepper and saute over medium, stirring regularly until leeks begin to wilt.
2. Add stock, parmesan, and the bay leaf, and cook covered for 35-45 minutes, until cauliflower is very tender.
3. Blend using a stick blender, or transfer into a regular blender and blend until smooth (work in batches as to not overfill the blender.)
4. Once pureed, return to the heat and cook an additional 10-15 minutes.
5. Serve garnished with chopped herbs and parmesan