

3-INGREDIENT LEEK SOUP

Sarah Roberts

Makes 6 Servings

Why I Make This: I love a warm, flavourful soup, but I don't want to spend a lot of time making it. This soup whips up in minutes so you can impress your guests and create an entire meal to go along with it or just serve it with a simple salad as an easy lunch.

INGREDIENTS

- 3 medium to large leeks, cleaned and chopped
- 2 Tablespoons organic grass fed butter, goat butter, coconut oil or avocado oil
- 2 cups water
- 1 teaspoon Himalayan Salt
- Cracked black pepper, to taste
- 2 cups almond milk

INSTRUCTIONS

1. In a large pot over medium-high heat, add the butter or oil and chopped leeks.
2. Sauté the leeks in the oil for several minutes, stirring occasionally as they begin to brown slightly.
3. Add water and allow to simmer over medium heat for about 5 minutes.
4. Add salt and pepper.
5. Remove soup from the heat and allow to sit for a few minutes (to cool slightly) before adding it to a high speed blender. Blend for a minute before adding almond milk. Blend until completely puréed.
6. Return to the pot and warm until it reaches desired temperature.
7. Serve in bowls and enjoy!

NOTES:

1. You can also use an immersion blender.

2. If you are nut sensitive, you can use chicken stock or water instead of almond milk.

3. You can also use cow's milk if you prefer it to almond milk, but start with ½ a cup and gradually increase it from there, until desired consistency.