



## Potato Leek Soup

### Ingredients

### Amount

Yellow potato	2 medium
Cauliflower - Raw	2 Cups
Leeks	2 bunches- Sliced into thin rings
Black pepper- ground	1 tsp
Ground turmeric	1 tsp
Coriander powder	1 TBS
Ground cumin seeds	1 TBS
Nutritional yeast	2 Heaping TBS
Soy lecithin granules	1.5 TBS
Liquid amino acid	½ tsp
Dried tarragon leaves	1 tsp
Dried mint leaves	1 TBS
Extra virgin olive oil	1 TBS
Water	4-5 Cups (as needed)
Pistachios- grated or sliced	1 TBS

### Preparation:

- Heat olive oil in a large sauce pan.
- Sautee leeks until golden.
- Add yellow potatoes and mix well, cook covered for 10 minutes.
- Add Cauliflower and cook additional 5 minutes.
- Add spices and mix well.
- Add water, cover and cook on medium for 45-60 minutes checking periodically.
- Once all potatoes are completely cooked and breaking apart, remove from heat and cool for 15 minutes
- In a Food processor add small portions and puree, add to a clean pot.

- Once entire contents are pureed into a creamy consistency, place the fresh pot back on low heat.
- Add nutritional yeast and soy lecithin and mix.
- Cook on low, mixing periodically; avoid burning.
- Sprinkle dried herbs and grated pistachios on top, serve hot.

### Nutrition Facts

Servings 6.0

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Amount Per Serving

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**calories** 118

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**% Daily Value \***

**Total Fat** 4 g      **6 %**

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Saturated Fat 1 g    **3 %**

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Monounsaturated  
Fat 2 g

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Polyunsaturated Fat 1 g

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Trans Fat 0 g

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**Cholesterol** 0 mg    **0 %**

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**Sodium** 50 mg      **2 %**

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**Potassium** 493 mg **14 %**

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**Total**

**Carbohydrate** 17 g   **6 %**

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Dietary Fiber 3 g   **13 %**

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Sugars 2 g

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**Protein** 4 g          **8 %**

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Vitamin A            **2 %**

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Vitamin C            **47 %**

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Calcium              **5 %**

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Iron                    **16 %**

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