

CREAMY POTATO AND LEEK SOUP





gluten free | dairy free | nut free | plant-based | phase 2

READY IN
30 mins

Potatoes are a type of Resistant Starch... a food component that resists digestion and is fermented by microbes in the large intestines to create Short Chain Fatty Acids (SCFA). Think of these SCFA's like glitter for the body... spreading everywhere bringing joy, health and vitality



YOU'LL NEED...

	1 	2 	3 	4 
Leek	½ whole	1 whole	1 ½ whole	2 whole
Potato – white	500 g 17oz	1 kg 2.2lb	1.5 kg 3.3lb	2 kg 4.4lb
Corn kernels, frozen	2 cups	4 cups	6 cups	8 cups
Vegetable stock liquid	1 ½ cups	3 cups	4 ½ cups	6 cups
Coconut cream 400g (14oz)	¼ can	½ can	¾ can	1 can
Pepper, black cracked <i>optional</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp

LET'S GET STARTED...

- Peel and roughly chop potatoes, set aside.
- Finely dice leek and using *the Water of Vegetable Stock Method: Use 2 tbsp of water or 2 tbsp of vegetable stock liquid* and in a pot on medium-high sauté leek until tender. Add a splash of water if it gets too dry.
- Add uncooked potato and sauté for a further 5-mins, stirring frequently.
- Add vegetable stock liquid and coconut cream stir well to combine.
- Bring to a boil; then turn down to a simmer for 15-20 mins.
- Remove from heat and add to blender/food processor, or use a stick blender, and puree. *Be careful to blend very slowly as it is very hot, if it splashes it will burn.*
- Stir through *optional* pepper when serving.
- Keeps in the fridge for 1 week. Can be frozen. In fact, by cooling this soup you increase the amo

VARIATIONS (SERVES 1)

- *VEG UP* – Add ¼ whole Cauliflower, sauté with Potato.
- *CHIVES* – Top each bowl of soup with freshly cut Chives.
- *GARLIC* – Add 2 cloves of Garlic when sautéing Leek.
- *SPICED* – Add 1 tsp of Cumin and Coriander powder when sautéing Leek.
- *CROUTONS* – Crush Seeded Crispbread on top when serving.
- *END OF PH2/MAINTENANCE* – Add a side of 1 slice of organic Spelt Sourdough bread.

