



## CREAMY CAULIFLOWER LEEK SOUP

By Dr. Cindy Tanzar  
(Standard)

This soup is very reminiscent of a hearty potato soup... without the guilt! Leeks, part of the onion family, add a wonderful flavor to many dishes. Don't let them intimidate you! They look like a huge scallion with several long layers, only you need to remove the dark green thick leaves and root, leaving only the white and bright green part. They grow in sandy soils, so check between layers for any soil as you chop them. I have found the best prices at Walmart over the years. Makes 6 servings. One serving of this recipe is 1-1/2 to 1-3/4 cup and covers your vegetable and fat for one meal. Enjoy!



### INGREDIENTS

- 2 Tbsp avocado oil
- 3 Tbsp Kerry Gold butter
- 3 leeks, trimmed, cut in half and sliced into 1-inch pieces
- 1 large head of cauliflower, chopped
- 3 cloves garlic, minced



8 cups chicken or vegetable stock/broth

Pink Himalayan salt & freshly-ground pepper, to taste

3/4-1 cup heavy cream (start with 3/4 cup, taste and add more if needed)

## INSTRUCTIONS

Heat the avocado oil and butter in a large pot over medium heat. Add the leeks, cauliflower and garlic, sautéing for 10 minutes.

Add the stock/broth and bring to a boil. Reduce heat and simmer, covered, for 45 minutes.

Remove soup from heat and blend with an immersion blender\* or hand mixer. You can carefully blend in batches in a blender or food processor, as well.

Mix in the heavy cream and continue blending until smooth.

\*If you don't have an immersion blender, it's a perfect Christmas gift! They run \$18 and up, and you will get a lot of use out of it. They are great for blending soups, sauces, dressings, smoothies, salsa, marinara... and my favorite use – Genesis' homemade mayo! Takes 5 minutes and is better than anything in the store!