

FIXATE RECIPES

POTATO LEEK SOUP

Serves: 4 (approx. 1 ½ cups each)



Total Time: 40 min.

Prep Time: 10 min.

Cooking Time: 30 min.

1 Tbsp.	olive oil	2 cups	Yukon gold potatoes, peeled, roughly chopped
2 cups	leeks, white and light green parts only, well washed, chopped	1 cup	canned lite coconut milk
2 cloves	garlic, finely chopped	2	bay leaves
1 tsp.	sea salt (or Himalayan salt)	½ tsp.	dried thyme
4 cups	low-sodium organic vegetable broth	¼ tsp.	ground black pepper

1. Heat oil in a large soup pot over medium heat until fragrant.
2. Add leeks, garlic, and salt; cook, stirring occasionally, for 7 to 10 minutes, or until leeks are soft.
3. Add broth, potatoes, coconut milk, bay leaves, thyme, and pepper; bring to a boil. Reduce to a gentle boil; cook for 15 to 20 minutes, or until potatoes are very soft.
4. Puree soup with an immersion blender (or use a regular blender with the hole in the lid open and loosely covered with a dish towel). Serve warm.

Nutritional Information (per serving):

Calories:	166	Cholesterol:	0 mg	Fiber:	3 g
Total Fat:	7 g	Sodium:	764 mg	Sugars:	4 g
Saturated Fat:	3.5 g	Carbohydrates:	25 g	Protein:	3 g

Container Equivalents (per serving)

1 1 ½ 1

Vegan Container Equivalents (per serving)

1 1 ½ 1

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.