

Cauliflower Leek Soup

A great base soup – try adding diced cooked sausage, peas, zucchini, etc.

Ingredients

2-3 Tbsp. Olive Oil or Butter

1 Onion, Diced

2 Leeks, washed and thinly sliced

1 potato, Peeled and diced

2 Tbsp. Parsley

6 Carrots, diced

1 Head Cauliflower, washed and cut into bite size pieces

7 Cups of Water

1 Teas salt

Mise en place! (Everything in its place)

Directions

1. Sauté onion and leeks in oil until tender.
2. Add potato, parsley, carrots, cauliflower, water and salt. Bring to boil, and then reduce to a simmer. Simmer covered for approx. 20 minutes until cauliflower is fork tender.
3. You can puree all or part of the soup or leave it chunky.

[Link to Video](#)