

# 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](#)