



SWEDE, LEEK AND POTATO SOUP

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 30 mins

Serves: 8



INGREDIENTS

- ¼ cup olive oil
- 4 leeks, thinly sliced
- 4 cloves garlic, crushed
- 3 large swedes, peeled and diced
- 4 large potatoes, peeled and diced
- 1 litre water (or stock)
- 2 vegetable stock cubes
- 4 bay leaves
- Salt and pepper to taste
- 1 x 400g can coconut cream
- 1 litre almond milk, (or other milk)
- Chives to garnish

METHOD

- Heat oil in large saucepan on medium heat.
- Add leeks and garlic and cook, while stirring, for 10 minutes.
- Add swedes, potatoes, water, stock cubes, salt, pepper and bay leaves.
- Bring to the boil, and then simmer for 30 minutes, remove bay leaves.
- Blend with stick, stir in coconut cream and almond milk.
- Garnish with chopped chives.