



VEGAN CREAMY POTATO AND LEEK SOUP

This vegan soup is surprisingly easy to make, tastes great, and is excellent for batch cooking.

 15 minutes

 45 minutes

 8 portions

INGREDIENTS

- 1 tablespoon olive oil
- 2 large or 3-4 small leeks, dark green stems removed, washed thoroughly and sliced thinly
- 2 stalks celery, chopped
- 3 large potatoes (about 2-2.5 lbs), peeled and roughly chopped
- 1 teaspoon salt
- Black pepper to taste
- 4 cups low sodium vegetable broth + 2 cups water
- 1/3 cup nutritional yeast
- Optional: 4 heaping cups washed and chopped kale, collard greens, or spinach
- For topping: Chopped green onions, snipped chives

COOKING METHOD

- 1° Heat the olive oil in a large soup pot over a medium heat. Add the leeks and celery and cook, stirring occasionally, until the leeks have completely cooked down. Add the potatoes, salt, and pepper.
- 2° Add the broth and water. Bring to a boil and lower to a simmer. Simmer for 25-30 minutes, or until the potatoes are so tender that they're almost falling apart. Use an immersion blender or a regular blender to blend about half the soup, so that it has a creamy, thick texture but chunks of potato and celery are still visible.
- 3° Stir in the nutritional yeast and adjust salt and pepper to taste. If you'd like to add greens, stir them in now and keep simmering the soup until they're wilted and tender. Serve the soup with toppings of choice.
- 4° Leftovers will keep in an airtight container for up to 6 days, and can be frozen for a month.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (317 g)	% DRI
ENERGY	46 kcal	145 kcal	7 %
PROTEIN	1 g	5 g	9 %
CARBOHYDRATE	9 g	28 g	11 %
SUGARS	1 g	3 g	4 %
FAT	1 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
FIBER	2 g	5 g	21 %
SODIUM	128 mg	405 mg	17 %