

“I CAN’T BELIEVE THIS REVERSES HEART DISEASE AND DIABETES” POTATO LEEK SOUP

INGREDIENTS:

- **3 medium leeks**, (*white and light green parts only*), cut in half lengthwise, rinsed and then sliced
- **2 1/2 pound of potatoes**, cubed to 1/2 inch, with skin on or peeled
- **1 1/2 tsp.**, dried thyme or Herbes de Provence
- **1 bay leaf**
- **4 cups vegetable broth**
- **1/4 - 1/2 tsp. salt (optional)**
- **1/2 tsp. black pepper or to taste**

SUBSTITUTION:

- *For vegetable broth—Instead, use 4 cups of water and add 2 tbsp. of Better than Bouillon. Cut the proportions in half to cut salt content.*

TIPS:

- *For leeks —Make sure to rinse very well to remove all dirt.*
- *For potatoes—peel off the dirty areas of the skin that are hard to clean but leave the rest on.*



DIRECTIONS:

1. Heat large soup pot to medium heat. Add leeks and cook, stirring constantly for 1-2 minutes until the edges start to brown slightly and stick to the pan. Add 1 Tablespoon of water or vegetable broth at a time to keep leeks from sticking and continue cooking until they are soft, about 10 minutes.
2. Add the potatoes, broth, bay leaf, thyme or Herbes de Provence, salt (if using) and pepper to the pot. Bring to a boil. Reduce heat and cover, simmering on low for 15 minutes or until the potatoes are fork tender. Remove bay leaf.

Serve as is or use an immersion blender to partially or completely blend the soup.