

Carrot Leek Soup

HolisticQ signature recipe

Irish doesn't just mean Corned Beef. We can't say enough about this Carrot Leek soup. Carrot Leek soup is a traditional Irish soup, and this soup is outstanding! We chose making homemade bread to enjoy this soup with a thick slice of buttered toast!

Ingredients: All organic

- 4 Tablespoons butter
- 2 large leeks chopped
- 4 celery stalks chopped
- 10 carrots chopped
- 2 red potatoes chopped
- 8 cups water or broth of choice
- 2 teaspoons salt
- 1 Tablespoon thyme
- 2 bay leaves
- 1 can full fat coconut milk

Make the soup!

Chop the leeks, celery, carrots, and potatoes. In a large stockpot sauté the leeks and celery in the butter until tender. Add to the pot all the remaining ingredients except the coconut milk. Bring to a boil, reduce heat to low, and cook for 1 hour. Add the 1 can of coconut milk and stir until completely combined. Blend soup with Immersion blender until smooth if desired.

Garnish with wilted lettuce and croutons