



## Creamy Vegan Potato Leek Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 leeks halved sliced into 1/4-inch rounds and ( 3 cups)
- ☐ 2 Teaspoons lemongrass dried fresh
- ☐ 2 Tablespoons olive oil (such as Earth Balance Soy-Free)
- ☐ 1.5 lbs russet potatoes cleaned for that "rustic" part cut into 1/2-inch cubes (skin on )
- ☐ 0.8 Teaspoon salt to taste (I used 1 teaspoon total)
- ☐ 4 cups vegetable broth organic (I used Pacific Foods Vegetable Broth)
- ☐ 0.1 Teaspoon pepper white

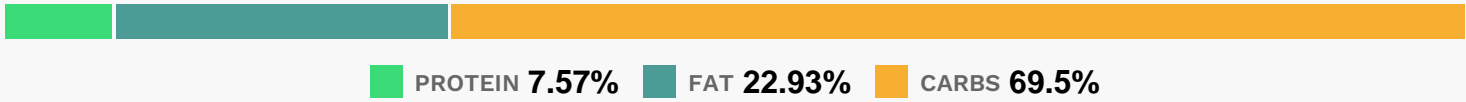
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ immersion blender

## Directions

- ☐ Heat the margarine or oil in a stockpot over medium-high heat.
- ☐ Add the leeks and lemongrass and saute for 3 to 5 minutes, or until the leeks soften quite a bit and just begin to brown.
- ☐ Add the broth, deglazing the pan if needed, and bring the soup to a boil.
- ☐ Add the potatoes, and 1/2 teaspoon of the salt, reduce to a simmer, cover and cook for about 40 minutes, or until the potatoes are tender. The original recipe called for using an immersion blender, leaving some chunky, but I don't have one. So I placed half of the soup in my blender, and carefully (make sure that lid is covered, you don't want hot soup flying out!) whizzed it until creamy and relatively smooth. I then added this back to the pan along with the white pepper and gave it all a stir to combine. Taste test and season to taste with more salt (I used another 1/2 t). If using black pepper, this is the time to add it, or you could let each person grind in their own.

## Nutrition Facts



## Properties

Glycemic Index:40.44, Glycemic Load:27.29, Inflammation Score:-8, Nutrition Score:11.928695647289%

## Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 224.28kcal (11.21%), Fat: 5.91g (9.09%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 37.27g (13.55%), Sugar: 4.79g (5.32%), Cholesterol: 0mg (0%), Sodium: 1459.48mg (63.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin B6: 0.69mg (34.58%), Vitamin A: 1494.49IU (29.89%), Manganese: 0.51mg (25.55%), Vitamin K: 23.98µg (22.84%), Potassium: 796.1mg (22.75%), Vitamin C: 15.08mg (18.27%), Iron: 2.45mg (13.62%), Folate: 52.74µg (13.19%), Magnesium: 52.16mg (13.04%), Fiber:

3.03g (12.11%), Copper: 0.23mg (11.54%), Vitamin B1: 0.17mg (11.15%), Phosphorus: 111.35mg (11.14%), Vitamin B3: 1.95mg (9.73%), Vitamin B5: 0.58mg (5.8%), Calcium: 51.23mg (5.12%), Vitamin E: 0.64mg (4.29%), Vitamin B2: 0.07mg (4.28%), Zinc: 0.56mg (3.73%), Selenium: 1.13µg (1.62%)