

Fall Soups



Potato Leek Soup

Ingredients needed to make 4 servings

- 2 tbsp coconut oil
- ½ cup diced onion
- ¼ cup chopped celery
- 1-2 cloves of garlic minced
- 1 cup thinly sliced leeks
- 2 medium potatoes
- ½ cup sweet peas
- 2 cups water (enough to cover potatoes)
- 3-5 fresh basil leaves
- Sea salt to taste
- 1 cup coconut milk

To make the soup follow these 4 easy steps:

Step 1: Sauté the following in a medium saucepan until brown (about 5-8 minutes)

- 2 tbsp coconut oil
- ½ cup diced onion
- ¼ cup chopped celery
- 1-2 cloves of garlic minced
- 1 cup thinly sliced leeks

Step 2: Add the following and let simmer on low-medium heat for 20-30 minutes until potatoes are tender

- 2 medium potatoes
- ½ cup sweet peas
- 2 cups water (enough to cover potatoes)

Step 3: Add the seasoning and simmer for another 5-10 minutes

- 3-5 fresh basil leaves
- Sea salt to taste
- 1 cup coconut milk

Step 4: Serve as is as a chunky soup or do what I did and put the soup in your blender and process until creamy (make sure you only fill the blender ½ full since hot things tend to expand when blended).

Turnip Carrot Soup

Ingredients needed to make 4 servings:

- 2 tbsp coconut oil
- ½ cup diced onion
- ¼ cup chopped celery
- 1-2 cloves of garlic minced
- 3-4 medium sized carrots diced
- 1 cup diced turnip
- 2-3 cups water
- 1 tsp of each: turmeric & ginger powders
- Sea salt to taste
- 2 tbsp grated carrots

Make sure you diced the turnip and carrots about the same size so they take the same time to cook. We used heritage carrots.

Follow the same steps as we did in the soup above.

Garnish each serving with the grated carrots.

