



# LEEK, CAULIFLOWER & WHITE BEAN SOUP

SERVES 8

This variation on the classic leek and potato soup plays up the veggie quotient with cauliflower, serves up some plant protein and adapts better to the freezer so you can plan ahead for a warm bowl when needed.

*Recipe Credits to Dominique G*

## INGREDIENTS

1 tbsp butter  
2 c leeks (white and light green parts),  
1 c onion,  
3 cloves garlic, roasted  
1 tsp thyme  
4 c cauliflower, diced  
1 900ml tetra broth  
3 c cooked white beans (white kidney or cannellini)  
salt and pepper to taste

For extra protein - add 1 454g container of ricotta cheese

## DIRECTIONS

In a medium to large stock pot, melt butter over low heat. Add sliced leeks, diced onion and garlic. Cook the vegetables slowly for 10-12 minutes, stirring often to prevent browning. Vegetables should appear soft and translucent.

Add in thyme, cauliflower, broth and beans. Bring to a simmer and continue cooking until cauliflower is tender.

Remove from heat. Blend using an immersion blender or transfer in batches to a blender and blend until smooth.

If adding - blend in ricotta cheese at this time. Adjust seasonings to taste and enjoy!

**Tip :** to brighten the flavour of this soup, you can add 1-2 tbsp of lemon juice or a spoon of dijon mustard to taste.

## NUTRITION FACTS

Per Serving (1/8 of the recipe):

With out ricotta: 151 Calories, 8g Pro, 25g Carbs, 8g Fibre, 3g Fat

With ricotta: 236 Calories, 12g Pro, 29g Carbs, 8g Fibre, 8g Fat

