

# CREAMY VEGAN TURNIP LEEK SOUP

## INGREDIENTS

- 1 tbsp. olive oil or 1/4 cup water (for water saute)
- 3 medium leeks (use white and light green parts only)
- 2 1/2 lbs. turnip, cubed 1/2 inch (peeled or with skin on)
- 1 1/2 teaspoons dried thyme or Herbes de provence
- 1 bay leaf
- 4 cups water or low-sodium vegetable broth
- Mineral salt - to taste
- 1/4 cup chopped parsley - for garnish

## PREPARATION

1. Start by removing and discarding the leek root ends and thick dark green parts. Cut in half lengthwise and rinse each half under cold water. Pull apart the layers to remove any sand or debris nestled inside. Then slice leeks crosswise. Should make 4 - 5 cups.
2. Cut turnips into 1/2 inch cubes.
3. In a large dutch oven or pot, heat up the oil/water over medium heat and add the leeks and cook. Stir frequently, until leeks are soft and wilted, for about 10 minutes.
4. Adjust the heat as necessary so as not to brown the leeks.
5. Now add the turnips, broth, bay leaves, herbs, salt to the pot and bring to a boil. Reduce heat, cover, and let simmer on low for 15 minutes or until the turnips are fork-tender.
6. Remove the bay leaves and puree the soup using a hand-held immersion blender until smooth (you can leave it a little chunky). You can use a regular blender to puree the soup in batches. Season according to taste.
7. Serve warm with chopped parsley or croutons.

