

VEGAN CUCUMBER SOUP



INGREDIENTS

ITEM

Vegetable Oil
Cucumbers, Chopped
Garlic Cloves, Minced
Leek, Diced
Vegetable Broth
Fresh Dill, Chopped
Freshly Ground Black Pepper

QUANTITY

2 Tsp.
5
3
1
3 Cups
¼ Cup
To Taste



PREPARATION

- 👉 In a large pot, heat the vegetable oil over medium heat. Add the minced garlic and diced leeks, and saute until they become translucent and fragrant.
- 👉 Add the chopped cucumbers to the pot and continue to cook for another 2-3 minutes, stirring occasionally.
- 👉 Pour in the vegetable broth and bring the mixture to a simmer. Let it cook for about 10-15 minutes, or until the cucumbers are tender.
- 👉 Remove the pot from the heat and allow the soup to cool for a few minutes.
- 👉 Using an immersion blender or a regular blender, puree the soup until smooth and creamy. If using a regular blender, blend in batches as needed.
- 👉 Return the blended soup to the pot and stir in the fresh dill. Season with freshly ground black pepper to taste.
- 👉 Place the pot in the refrigerator and let the soup chill for at least 1-2 hours, or until completely cool.
- 👉 Garnish with fresh dill and enjoy!