

Full of Protein Potato Leek Soup



Source: New Growth Wellness

Prep Time: 10 minutes

Cook Time: 30 minutes

Yield: 4-6 servings

Ingredients:

- *3 Tbsp coconut oil
- *2 1/2 cups leeks, chopped
- *1 small yellow onion
- *4 cups yukon gold potatoes, chopped
- *1/2 cup quinoa, rinsed
- *1/2 cup red lentils, rinsed
- *6 cups vegetable broth
- *1 can coconut milk
- *salt & pepper to taste
- *green onions (optional for topping)

Directions:

1. Heat oil in a large saucepan over medium heat. Add leek & onion and sauté about 5 minutes until softened
2. Add potatoes, quinoa, lentils, & broth. Bring to a boil over high heat and then lower to simmer covered for 20-25 minutes.
3. Add coconut milk, salt & pepper. Blend with immersion blender until desired consistency.
4. Serve hot topped with green onions & pepper

