

Carrot Leek Soup



Makes:

4 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
Blender

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Recipe:

Contributed By:

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Authorized Saladmaster Dealer

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1 leek, chopped
2 cups
carrots, strung, use Cone #2
(220
g)
1 cup
potatoes, strung, use Cone #2
(150
g)

Directions:

1. Combine all ingredients in sauce pan and turn heat to medium.
2. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for 30 minutes.
3. Transfer mixture to a blender and blend to a smooth consistency.
4. Serve with flat bread and salad.

Tips:

- If desired, garnish with a dollop of non-dairy tofu or cashew sour cream.

Nutritional Information per

▼ Serving

Calories: 104
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 96mg
Total 17g
Carbs:
Dietary Fiber: 4g

Sugar: 4g
Protein: 2g
