

Carrot Leek Soup



Makes:

4 servings

Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

Blender

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Leek Soup 5/5

Contributed By:

Isis Israel

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)

1

cup

celery, strung, use Cone #2

(100

g)

6

cups

water

(1.4

L)
1
tablespoon
miso
(17
g)
1
teaspoon
nutmeg
(2
g)
1
teaspoon
cinnamon
(3
g)
1
tablespoon
olive oil
(15
mL)

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 Carbs:

17g

Dietary Fiber:

4g

Sugar:

4g

Protein:

2g