

Leek and Cauliflower Soup

4-6 servings

2 Tb olive oil

3 tsp garlic (2-3 cloves)

2 cups chopped leeks, white parts only, from 2 or 3 leeks

½ tsp Celtic sea salt

1 head cauliflower, chopped (8 cups)

7 cups chicken or vegetable stock or ([bouillon cubes](#))

1/4 cup raw unsalted cashews soaked for 4 hours or overnight

3 Tb chopped chives for garnish (optional)

- In a large soup pot, heat the oil over medium-low heat
- Add the leeks and garlic and ¼ tsp of salt. Sauté for 3 minutes until the leeks begin to soften.
- Add the cauliflower and broth.
- Increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer for about 30 minutes, until the cauliflower is tender.
- Drain and rinse the nuts, stir into the soup.
- Remove the pan from the heat and allow the soup to cool slightly;
- Pour the soup into a blender in batches and puree on high for 1 to 2 minutes, until smooth and creamy.
- Return the soup to the pan and warm it over low heat. Stir in salt to taste.
- To serve, ladle the soup into bowls and garnish with chives