

Zucchini Leek Soup

4 servings

2 Tb, ghee, coconut oil or olive oil

2 leeks white and light green parts only, sliced

3 garlic cloves, minced

½ tsp Celtic sea salt

5 cups zucchini, cut into cubes (3-4 zucchini)

4 cups vegetable or chicken broth

½ cup full fat coconut milk

¼ cup chopped fresh dill, chopped

fresh pepper

- Cut leeks down so no dark green remains. Slice long ways down the center and rinse to remove any dirt.
- Heat a large pot, add oil and leeks. Season with salt.
- Sauté the leeks over medium-low heat until softened about 7 minutes.
- Add the garlic cloves and sauté briefly until fragrant, 1 minutes
- Add the zucchini and stir. Pour in the broth
- Bring to a boil, reduce heat to low, and partially cover. Simmer for 20 minutes, until zucchini is tender.
- Add fresh dill and coconut milk. Puree until smooth using a blender or an immersion blender.
- Season with fresh pepper, taste to adjust seasonings.