



fennel & leek soup

cook time:
36

prep time:
20

featured product:
baby spinach

warm up with this fennel & leek soup with baby spinach! packed with lots of veggies and spinach. this fennel & leek soup is a great guilt free comfort food! tons of spices make this soup extra flavorful. pair this soup with a side salad or sandwich, or add an extra spoonful to your bowl for a great lunch on a cold day. we'll even show you how to make a vegan version!



ingredients

6 servings

- 1/2 cup of **organicgirl© baby spinach ?**
- 2 cups of diced yukon gold potatoes
- 2 tablespoons of extra virgin olive oil
- 1/4 teaspoon of ground coriander
- 1 leek
- 1/4 teaspoon of ground fennel
- 1 medium fennel bulb, sliced
- 2 1/2 cups of chicken stock or vegetable stock
- 1/2 teaspoon of coarse sea salt
- 3 ounces chevre or mascarpone cheese, or canned coconut milk
- 1/4 teaspoon of fresh ground pepper

substitutions

? *substitute with* **POWERHOUSE SPINACH BLEND**

directions

1. in a medium saucepan, heat olive oil over medium heat. cut leek lengthwise, then slice into half-moons and place into a bowl of water and stir to remove sand and grit. cut stems and fronds from the fennel, slice lengthwise, then trim and discard the core. cut remaining fennel in thin slices. drain leeks, then combine with fennel, salt and pepper.

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2. cook for 5 minutes, until tender. add the potatoes, ground coriander, ground fennel and chicken stock.

MAKE IT VEGAN: use vegetable stock instead!

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3. bring the liquid to a boil, reduce to low heat cover and simmer for 15 minutes until the vegetables are soft. add baby spinach and cook for 1 minute.

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4. turn off the heat and add cheese – or swap with coconut milk to make it vegan!

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5. transfer to a blender and puree.

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6. serve soup drizzled with olive oil, salt and pepper. optional: top with sliced parmesan, croutons, and garnish with fennel. enjoy!

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