

Take and Eat: Quest for Healing Soup

Ingredients

- 8 ounces (1 cup) chopped fresh, each of:
 - leeks
 - yellow potatoes
 - carrots
 - sweet/yellow onion
- 1 ounce (2 tablespoons) butter
- 1 tablespoon chopped fresh parsley leaves, plus more for garnish
- 1 carton (900 ml) chicken or vegetable broth
- Sea salt, if necessary
- Black pepper

Directions

1. Clean and trim the leeks. Clean and peel the rest of the vegetables. Cut all the veggies into 1 cm chunks.
2. Melt the butter in a large saucepan over medium heat.
3. When the butter is melted and hot, add the veggies. Sauté (stir continuously) over medium heat until veggies are sizzling and golden, about 5 minutes.
4. Stir in ½ teaspoon of pepper. Then, stir in the broth and the parsley. (You can also add ½ teaspoon of sea salt if you have used water as your base instead of broth.)
5. Let the mixture heat up to a simmer, then reduce heat to medium-low and simmer gently for 15–20 minutes, stirring occasionally.
6. Carefully ladle the soup into a blender or use an immersion blender (with the help of an adult) to blend into an even cream. Use caution when handling hot liquids.
7. Taste the soup and add more sea salt or pepper, if desired.
8. Serve hot, garnished with chopped fresh parsley leaves.

Fresh bread and cheese make a great accompaniment to this lovely, creamy soup. This highly nutritious soup would also be a great meal to make for someone who is sick.