

Leek and Chickpea Soup

Ingredients

- 3 cups leeks (chopped roughly and washed well)
- 2 medium unpeeled russet potatoes (washed and roughly chopped)
- 1 can-398ml chickpeas (rinsed and drained)
- 5-6 cups vegetable stock or chicken stock
- 1 tablespoon coconut oil or butter
- 2 garlic cloves (peeled and roughly chopped)
- 1/4 cup fresh chives (chopped)
- 1/4 to 1/2 cup fresh, real parmigiano reggiano

Method

Cut and wash leeks well, and only use the light green and white part of the leek; the dark green parts tend to be very fibrous and bitter. It's great in your compost!

In a large soup pot, heat up the oil or butter and sauté the garlic and leeks for 2-3 minutes on medium heat. Add the chopped potatoes, chickpeas and vegetable or chicken stock.

Simmer covered for 25-30 minutes.

Allow to cool for 5 minutes, then blend with a hand blender or blender.

**If the soup turns out too thick, just add some more stock until you have the consistency that you would like.*

You can freeze this soup but when it defrosts it may not look so appetizing because it may separate. Don't worry, once it heats up, just whisk the soup and that creamy deliciousness will come back.