



Leek & White Bean Soup

2 servings

35 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 tbsps Red Onion (diced)
- 3 Garlic (clove, chopped)
- 1 Leeks (medium, sliced)
- 2 1/2 cups Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups White Navy Beans
- 1/2 Lemon (medium, juiced)
- 1 tbsp Fresh Dill (chopped)

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and sauté for two to three minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the leeks and cook for another five minutes, stirring occasionally. Add the vegetable broth, stir, and season with salt and pepper. Cover the pot with a lid and simmer for about 15 minutes.
- 3 Add the beans, cover, and simmer for another 10 minutes. Remove the pot from the heat. Add the lemon juice and adjust the seasoning to your taste.
- 4 Divide the soup between bowls, top with dill, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately two cups.

Smooth Texture: For smooth texture, blend the soup before serving.