

Creamy Artichoke Soup

1 TBL Avocado Oil
2 Leeks (white part only) thinly sliced
3 large Garlic cloves, minced
4 medium Yukon Gold Potatoes, sliced (peel or unpeeled)
1 Cup of Fresh/Frozen Artichoke hearts roughly chopped (soak overnight if it contains citric acid)
4 Cups of Vegetable broth

1 tsp Mineral Salt
¼ tsp Freshly Ground Black Pepper
1 tsp Dried Dill
1 Cup Cashew Cream (1/2 Cup cashews + 3/4 to 1 Cup water)
Garnish with sliced Chives

Gently warm oil in your soup pot over medium heat. Add leeks and cook, stirring often for 5 to 7 minutes. Stir in garlic and cook for 1 more minute. Add potatoes and cook for 5 minutes. Pour in artichokes and broth and season with salt and pepper. Bring to a boil and lower heat to a simmer. Cook uncovered for 20-30 minutes or until vegetables are tender. Use a handheld immersion blender to puree the soup in your pot, then puree in a regular blender in batches. If you used a blender return soup to the pot and stir in your cashew cream. Blend ½ cashews with ¾ - 1 cup of water, depending on desired consistency. Pour into soup bowls and sprinkle with chives.