

## Creamy Potato Leek Soup

(Can substitute any starchy veggie . . . turnip, carrot, cauliflower, winter squashes, etc.)

½ lb leeks

3-4 medium Russet (or other starchy) potatoes

2 tablespoons olive oil

1 medium onion, chopped

1 clove garlic

½ cup apple cider vinegar (can also substitute white wine vinegar)

1 ½ quarts vegetable stock

Salt and ground pepper to taste

### Directions:

Peel the potatoes, onions and leeks then cut them into pieces about the same size as each other (they can be rough cuts because you will blend for final product). In a heavy-bottomed soup pot, heat the oil to sauté vegetables till onions are translucent. Do not let the vegetables brown. Add vinegar bring to boil then add stock. When vegetables are cooked through use hand blender or transfer to blender (if using a standard blender be sure to let cool a little because hot liquids can be very unstable). Salt and pepper to taste (if you don't want black specs in the soup you can use white pepper also).