

Cauliflower Potato Leak Avocado Soup



Makes approx. 7-8 servings

Ingredients

- 1 full cauliflower broken into florets
- 1 chopped leak
- 4 medium potatoes
- 4 cups low sodium vegetable broth
- 3 cups water
- 1 tsp fresh ground ginger
- 1 tsp corriander
- 1/4 tsp cumin
- 1/8 tsp tumeric



Directions

Place all ingredients except avocado in a large pot. Bring to a boil. Then let simmer for approx 25 minutes or until vegetables are soft.

Once the vegetables are soft use a hand blender to desired consistency.

Add avocado and blend in with hand blender.

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