

Foodnity Recipes

Dairy-Free Potato Leek Soup Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 3 large leeks, white and light green parts only, sliced
- [ ] 3 cloves garlic, minced
- [ ] 4 large potatoes (Russet or Yukon Gold), peeled and diced
- [ ] 4 cups vegetable broth
- [ ] 1 tsp salt, or to taste
- [ ] 1/2 tsp black pepper
- [ ] 1 bay leaf
- [ ] 1 tsp fresh thyme (or 1/2 tsp dried thyme)
- [ ] Juice of 1/2 lemon (optional, for brightness)

For Garnish (Optional)

- [ ] Fresh chives or parsley, chopped
- [ ] Drizzle of olive oil
- [ ] Coconut milk or cashew cream (for extra richness)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the sliced leeks and sauté for about 5 minutes, until softened but not browned. Add the minced garlic and cook for another minute, until fragrant.

2. Add the diced potatoes, vegetable broth, salt, pepper, bay leaf, and thyme to the pot. Stir to combine, then bring the mixture to a boil. Reduce the heat to low, cover, and let it simmer for 20-25 minutes, or until the potatoes are tender.

3. Remove the bay leaf and discard. Use an immersion blender to blend the soup until smooth. If you don’t have an immersion blender, carefully transfer the soup to a regular blender in batches and blend until smooth, then return it to the pot.

4. If the soup is too thick, thin it with a little water or extra broth. Stir in the lemon juice, if using, and adjust the seasoning to taste. Ladle the soup into bowls and garnish with fresh herbs, a drizzle of olive oil, or a swirl of coconut milk if desired.

Nutrition per serving

220 kcal	4 g	35 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, roast the garlic before adding it to the soup.
- If you like a chunkier soup, blend only half of it and leave the rest as is.
- This soup freezes beautifully—just let it cool completely before storing.