

# Protein & Leek Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8    Serving Size: 8 oz.

Ingredients	Quantity	Measure
Olive oil	2	Tbsp.
Leeks	2	each
Garlic (minced)	2	cloves
Onion (chopped)	1	cup
Carrots (diced medium)	1	cup
Vegetable broth	1	Qt.
Shelled Edamame	2	cups
Basil (chopped)	½	Cup
Salt	1	tsp
Pepper	1	tsp

## Preparation

1. Chop the white part of the leeks, including a very small portion of the green part of the leek.
2. Chop carrots and basil. Mince garlic.
3. Put olive oil in a pot and warm over medium heat.
4. Add leeks, garlic, onions and carrots. Sauté for 3-4 minutes.
5. Add broth and bring to a boil.
6. Add edamame, basil, salt and pepper. Boil for 5 minutes.
7. Reduce edamame to a simmer for another five minutes.
8. Drain and set edamame and vegetables aside, reserving broth to thin soup.
9. In a food processor or blender, puree the edamame vegetable mixture. Add broth until desired consistency reached.

## Nutrition Information \*From USDA Nutrient Database

Calories: 97 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13g Fiber: 3g Total Sugar: 5g Protein: 4g Sodium: 661mg  
Vitamin A: 173µg Vitamin C: 20mg Calcium: 45mg Iron: 1mg Folate: 52µg

