

Cream of Potato & Leek Chowder

Serves: 12–15 | Prep time: 30 minutes | Start to finish: 1 hour

1 lb. leeks (3 large leeks)

5 lbs. white fleshed potatoes (about 15 medium-to-large potatoes or 15 cups cubed potatoes)

10 cups water

3 Tbsp. oil (olive or coconut)

2 Tbsp. + 1 tsp. pink Himalayan salt

1½ cups raw cashews or sunflower seeds, soaked at least 1 hour

3 Tbsp. nutritional yeast flakes

¼ tsp. freshly ground pepper

2–3 tsp. apple cider vinegar, raw

1–2 tsp. honey



This is quite possibly the most sought after recipe from my kitchen! The magic ingredient of this soup is the nutritional yeast, which lends a slightly cheesy and a buttery undertone to plant-based recipes. Also, it is critical to use a high quality salt. I prefer pink Himalayan salt, since it boasts having every trace mineral. You can literally taste the difference! In this soup, cashews will give a richer cream, but sunflower seeds also do quite nicely.

Trim bottoms and any soft upper part of the leeks. Keep the crisp greens. (They are often discarded but are loaded with flavor and nutrition.) In general, when working with leeks, take the outer layer off, like an onion. Slice in half lengthwise, and wash between the layers, keeping them intact for easier cutting. Slice leeks in approximately ¼–½-inch portions horizontally, cutting the white base, and then up into the greens.

Heat olive or coconut oil on medium heat in a Dutch oven or stockpot. Add the leeks and 1 tablespoon salt. Stir to coat the leeks with oil and salt. Cover

the pot with a lid. Cook leeks 8–10 minutes, or until soft. When done, set aside.

Wash and cube the potatoes. Place cubed potatoes in a separate pot from leeks. Add 8 cups water (or to cover) and 1 tablespoon salt. Bring to a boil, and then turn to medium heat and simmer until potatoes are tender, about 10 minutes. When potatoes are done, turn heat to warm.

Rinse cashews. Add 2 cups filtered water, cashews, and 1 cup cooked potato water to a blender. Blend until creamy.

Add the blended cashew cream and the leeks to the boiled potatoes in their cooking water. Stir well.

Add 1 teaspoon salt, pepper and nutritional yeast. Create a brighter soup flavor by adding a small amount (1–3 teaspoons) of apple cider vinegar. To warm the soup's flavor, add a small amount (1–2 teaspoons) of honey. Add the vinegar and honey in ½-teaspoon increments, and taste test.

Salt and pepper to taste. Garnish with fresh chives or finely chopped leek greens.

Recipe by Amy Choate from *Naked Nutrition; Whole Foods Revealed*