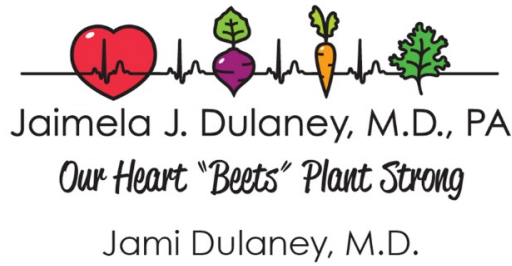


2495 Caring Way, Suite C
 Port Charlotte, Florida 33952
 doctordulaney.com



Office: 941-235-9231
 Fax: 941-235-9236
 info@doctordulaney.com

Potato Leek Instant Pot Soup

Ingredients:

- One leek, diced
- 2 carrots, chopped
- 4 large potatoes
- 1 Tbsp Miso
- 1 stalk celery, chopped
- 1 small bag of frozen peas
- 1 cup plain, unsweetened almond milk
- 1 Tbsp nutritional yeast
- pepper to taste

What to do:

1. Wash and chop leek, carrots, & celery. Wash potatoes and cut into large pieces.
2. Sautee leek, carrots & celery (w/ water) on the "Sautee" setting in your Instant Pot (note: lid will be off for this step) until slightly tender. Throw in frozen peas for a few minutes. Unplug Instant Pot to begin next step.
3. In your instant pot, add all other vegetables, cooked leeks and other ingredients. Add additional water to cover the vegetables and create enough liquid for the soup. Plug in the Instant Pot & secure lid. Set timer for the "Soup" setting.
4. Once cooking is done and pressure released from the Instant Pot, removed lid and use your emersion blender to puree/blend the soup. If you do not have an emersion blender, you can pour contents of soup into a regular blender to get the same effect.

Servings: 6

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 162	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 171 mg	7 %
Potassium 454 mg	13 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 6 g	23 %
Sugars 7 g	
Protein 7 g	14 %
Vitamin A	150 %
Vitamin C	41 %
Calcium	14 %
Iron	12 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	