

Cauliflower Fennel & Leek Soup

INGREDIENTS

- 2TBS ghee
- 4-6C bone broth (I used chicken)
- 1 head cauliflower, chopped
- 1 white sweet potato, chopped
- 1 large leek, chopped (discard top and bottom ends)
- 1-2 small/medium fennel bulbs, chopped (reserve stalks for garnish)
- 1/2tsp Himalayan sea salt
- 1/2tsp black pepper

1. Heat ghee in a large pot. Add veggies and sea salt and saute for about 2-4 minutes.
2. Add broth and bring to a boil then reduce to a simmer for about 25 minutes or until veggies are soft.
3. Once veggies soft, blend soup with an immersion blender until thick and creamy.
4. Serve topped with extra salt, pepper, avocado oil, and chopped fennel leaves.