

Salmon Leek No-Tato Soup

Serves ~ 6

Inspired by [Meatified](#), [The Emancipated Epicure](#), and [Eat Drink Paleo](#)

Ingredients:

4 small leeks, well washed, cut in half lengthwise, and sliced into half moons
2 cloves garlic, smashed
2 small carrots, chopped
1 stalk celery, chopped
1 sweet potato, peeled and chopped
Medium head of cauliflower, roughly chopped
1 tablespoon fresh thyme leaves
2 tablespoons butter
2-3 cups stock
½ cup cream
½-1 cup milk
~ 1 pound salmon fillet, cut into bite sized pieces
Small bunch of shiitake mushrooms
2 tablespoons butter, sesame oil, or a combination
Salt and Pepper to taste
Something fresh and green for garnish such as fresh herbs or microgreens

1. Sauté the leeks in butter for about five minutes. Add the remaining vegetables and the thyme. Sprinkle vegetables with salt. Sauté until beginning to soften. Do not allow to brown.
2. Meanwhile, sauté mushrooms in oil and/or butter to desired doneness. One recipe suggested making them crispy. I browned mine but kept them chewy. Season to taste and set aside.
3. When mixed veggies are done add stock needed to cover. Simmer until vegetables are completely soft.
4. Add a half cup each milk and cream, then blend with an immersion blender. Add more milk as desired.
5. Heat until hot, but do not boil. Stir in salmon. It is done as soon as it begins to become opaque, and this will be nearly instantly in hot soup. Remove from the heat, season with salt and pepper to taste, garnish with chopped herbs or microgreens, and serve.