

INSTANT POT: POTATO LEEK SOUP

6 serving | 10 minute prep time | 12 instant pot time

INGREDIENTS

2 tbsp avocado oil

3 large leeks chopped (white and light green parts)

6 cloves garlic, minced

2 pounds of red potatoes, peeled

4 cups of chicken broth or vegetable broth

3 bay leaves, fresh is available

1 1/2 tsp dried thyme

1 tbsp italian seasoning

1 1/2 tsp himilayan salt

2 tsp ground black pepper

chopped fresh chives for garnish (optional)

bacon crumbs for garnish (optional)

DIRECTIONS

1. Preheat Instant Pot using the "**sauté**" mode. Set cook time for 5 minutes.
2. When the display panel reads the **countdown time**, add avocado oil, leeks and garlic. Stir until leeks soften (this will take about 5 minutes.)
3. Add potatoes, fresh bay leaves, fresh thyme, organic Italian seasoning, Himalayan salt and black pepper. Place the lid on the Instant Pot (make sure the vent valve is in the "**sealing**" position.) Press the "**cancel**" button, followed by the "**pressure cook**" button and set to "**high function**." Using the +/- button set for 7 minutes.
4. Once your Instant Pot is finished cooking it will automatically start low pressure mode to keep your food warm. When you are ready, switch the vent valve from the "**sealing**" to "**venting**." Remember to always use caution well doing this, never do this without protection to your hands and arms. Use a towel to switch the vent valve and if available have a long sleeve on. The steam coming out is **HOT!!!**
5. Once you take the lid off of the Instant Pot, take out bay leaves. Using a hand held blender to puree the soup until it's smooth and creamy. Make sure there are no chunks left! Garnish with bacon crumbs and fresh chives. Serve warm.