

Leek Soup Cleanse

Number of Servings: 1

Prep Time: 20 minutes

Ingredients

2lbs leeks

3 quarts filtered water

Pink Himalayan salt to taste.

Extra Virgin Olive Oil

Instructions

1. Clean the leeks and rinse well to get rid of sand and soil. Cut off the tough ends of the green part. Reserve the ends for another soup stock.
2. Cut into 1" chunks, put the leeks in a large pot and cover with water about 3 quarts. Bring to a boil, reduce the heat and simmer uncovered for 20 minutes. Pour off the liquid and put into glass mason jars; store in fridge. Put leeks into a covered bowl to add to the soup throughout the day.

The juice (broth) is to be drunk heated just to warm not hot every 2 to 3 hours at 1 cup a time (or put your days worth of broth in the crock pot on lowest setting). For meals or whenever hungry have some of the leeks in the broth with a small drizzle of extra virgin olive oil, sea salt and pepper. This is for all day Saturday and Sunday until dinner at which time the author suggests a small piece of fish or meat 4-6oz with 2-steamed vegetable w/butter.

Because Leeks are full of nutrients this could be an asset to those of you fighting off colds and flu. Whether or not you use this as a weekend cleanse or just a good warm broth to sip on a cold day I hope you give it a try. Bon Appetite'