

# LEEK & SPINACH SOUP

Vegan Chef  
Gabriele Bonomi



## INGREDIENTS:

3 leeks  
250g spinach  
2 lt Water  
Salt & Pepper  
Extra virgin oil  
2 tbsp pumpkin seeds  
8 croutons

## DIRECTION:

In a pot over medium heat fried 2 leeks chopped in small pieces for 3 minutes. Then add water and spinach, and let them cook for 15 minutes.

Add salt and pepper and blend all together.

You can regulate the quantity of the water to have a different consistence.

Chop the last leek in really thin pieces and add it raw to the soup.

Put in the plates and garnish with oil, croutons, and pumpkin seeds.

# VEGAN BEAR CHEF