

ELIM CHOKO & POTATO SOUP G DF Low

Gluten & Dairy free and Low Salicylate & Amine

*Stock recipe page 37 of the RPAH Elimination Diet Handbook

Makes ~6 cups

You will require a food processor to liquefy the ingredients to make soup

Ingredients:

- 2 cups premade elimination diet vegetable stock*
- 2 chokos
- 3 large potatoes
- ½ leek
- 1 clove garlic, crushed
- Salt to taste
- Allowed cooking oil
- Parsley or chives to garnish



Method:

- Peel the chokos under running water and cut into chunks for steaming
- Peel the potato and likewise cut into chunks for steaming
- Place potatoes over the steaming basket in a saucepan, put the choko on top, salt and then steam until a knife passes easily through both vegetables
- (you could boil or microwave the vegetables until soft)
- Meanwhile dice the leek and fry it with the garlic and oil in a fry pan until it becomes translucent and slightly browned. Stir occasionally.
- Allow everything to cool slightly before processing
- In batches add some of the leek, garlic, choko and potato to a food processor with ~1/3 of the pre-made stock and blend until it becomes a liquid. Repeat with the remaining ingredients until they are all blended
- Add salt to taste
- Add more stock if you wish to have a runnier soup and don't add all of the stock if you wish to have a thicker soup
- Serve with your choice of gluten free bread or crackers

Tip:

Larger chunks of potato and choko take longer to steam but they retain more nutrients.