



## Creamy Tomato & Rice Soup

6 servings  
40 minutes

### Ingredients

- 2 tbsps Ghee
- 1 Leeks (white part only, sliced)
- 3 Garlic (minced)
- 1 tbsp Turmeric
- 2 stalks Celery (diced)
- 10 Tomato (Roma, about 2 lbs)
- 1/2 cup Parsley (chopped)
- 1 1/16 pints Bone Broth (2 cups)
- 1 cup Canned Coconut Milk (full fat)
- 2 cups Brown Rice (cooked)
- 1 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Fat	16g
Carbs	60g
Fiber	5g
Sugar	2g
Protein	11g

### Directions

- 1 Melt the ghee in a large saucepan over medium heat. Add the leeks and cook until softened, approximately 2 minutes. Add the garlic and turmeric and continue cooking for a couple more minutes.
- 2 Add the tomatoes, celery, parsley and mix well. Cook for another minute. Pour in the bone broth (just enough to cover the top of the vegetables). Bring to a boil, then simmer on low heat for 20 minutes or until all vegetables are soft.
- 3 Turn off the heat and let the soup cool slightly. Blend the soup in a blender until you have a creamy consistency. Return to the saucepan. Add the coconut milk and the cooked rice. Reheat for another 5 minutes or until the soup is hot. Adjust seasoning as needed.
- 4 Ladle into bowls. Add your favourite toppings and enjoy!

### Notes

**Favourite Toppings:** Top with fresh parsley, roasted pine nuts, freshly ground pepper and/or coconut yogurt

**No Leeks:** Use a finely chopped onion instead.

**Make It Thicker:** If you prefer a thicker cream, blend in the rice rather than adding it after blending.

**No Brown Rice:** Use cauliflower rice, quinoa or cooked lentils instead.