

Potato Asparagus and Red Pepper Soup

Serves 6

Ingredients:

1 large leek, white and light green parts, diced

1 medium red bell pepper, diced

2 tablespoons fresh minced tarragon

1 bunch asparagus, trimmed and cut into 12-inch pieces

Sea salt and black pepper

1 Wellness Forum Health Large Potato Soup

Instructions:

- Saute the leek and red bell pepper in a large sauce pan over medium heat for 8 minutes, until the leeks are tender. Add water 1 to 2 tablespoons at a time, as needed, to keep the vegetables from sticking.
- Add the tarragon and asparagus and cook for 5 minutes until the asparagus is just tender.
- Add 6 cups of water and the Potato Soup mix. Cook five minutes.