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.