

# Spring Vegetables with Tecolote Farms III: Leeks

Farm fresh leeks are an icon of spring and if you are here in Austin, you will find leeks aplenty at Tecolote Farms. Subscriptions are still open to this season's CSA or you can select your own at the Saturday SFC's Downtown Farmer's Market. Leeks are a favorite at the Hubele home, probably because they are plentiful in the region of Germany where my husband was raised. I use them in most of my soups, lentils, curries, and stir-fry. Here are two standout recipes to try for yourself that allow the sweet flavor of leeks to shine through.



Simple soups can make dinner prep a breeze and this

Vegan/Whole 30 approved recipe is sure to be a crowd pleaser. Double the recipe as you will definitely want leftovers. For the finicky child you can even produce a smooth texture with a few spins of an immersion blender.

### **Broccoli, Potato, Leek Soup**





## Ingredients

2 tbsp coconut oil

3 large leeks, white and light green parts only

1 quart chicken or vegetable broth (or 1 quart water and vegetable bouillon cubes)

1 pound baby potatoes

1 bay leaf

1 pound frozen broccoli florets, defrosted and thoroughly drained (or steamed fresh broccoli)

2-3 cloves garlic, minced

Recommended seasonings: salt, black pepper, smoked paprika

Splash of apple cider vinegar, optional

[Full Instructions Here](#)

Here is a veggie side that is as beautiful to behold as it is to eat. With just a few tweaks, this classic recipe can be made vegan and not a bit of flavor is lost.

## Leeks with Lemon Dijon Vinaigrette



## Ingredients

3 leeks

1 tablespoon olive oil ( or coconut oil)

1 tablespoon unsalted butter ( or Earth Balance Coconut Spread)

1/2 cup chicken stock [*or vegetable stock or vegetable bouillon* ]

1/2 cup water

1-1/2 tablespoons chopped flat-leaf Italian parsley

2 teaspoons fresh lemon juice

1 teaspoon Dijon mustard

Salt and freshly ground black pepper, to taste

[Full Instructions Here](#)