

Leeks soup

The leeks soup became famous, few years ago. A great number of recipes went everywhere and they lost the real goal, to detox after the holiday season or to prepare the body when the sun is raising in the sky.

This recipe helps to lose weight with oat flakes and pepper.

No fat, no starch to give some thickness but oat fibers

I adapted the traditional Welch or Irish recipes, used in France, to write this Texan version when I moved to Houston.

I helped people of low income to face the epidemic obesity, and wrote for them recipes to do at home.

I did a study in Houston, I presented it in 2006 in Philadelphia, how to lose weight without other medicine than food prepared from scratch.

The recipe is very efficient in weight loss.

Give it a try.



Ingredients:

1 lb. leeks (about 3 medium)

2 carrots, peeled and sliced

1 tablespoon oat flakes

Dr Claude Martin-Mondiere MD. From "Cook and lose"

3 cloves of garlic
1 extra small red pepper type habanera or cayenne
3 cloves buds or 1 pinch of powder
1 pinch of salt to taste
2 pints 1 liter of water or vegetable broth

Directions:

Because leeks grow partly underground, grit is often lodged between the layer of their leaves. Before cooking, wash them thoroughly, separating the layers and rubbing the leaves to remove any silt between them.

Trim the leeks, leaving about 1 inch of the tender green portions, then rinse them.

Cut crosswise into slices 1/2 inch thick.

Clean the carrots. Slice them.

In a large saucepan over medium-low heat, pour the oil, add the garlic and make them brown add the carrots, the leeks and sauté, stirring occasionally, until they have wilted a little, 3 to 4 minutes. then add water, oat flakes, the pepper, cloves buds the salt. Increase the heat to medium and bring to a boil. Reduce the heat to low, simmer, uncovered, until the vegetables are tender, about 30 minutes.

Pour all in a blender, puree it and then blend in high speed.

Ladle into bowls and float a lemon slice on top of each serving.

Using scissors, cut the chives into pieces ¼ inch long and sprinkle the chives on the lemon slices. Serve immediately.