



## Leek and potato soup - Serves 4

### Ingredients:

- 1 tbsp oil
- 2 large leeks, washed and sliced
- 3 medium potatoes, peeled and diced
- 1 onion, peeled and chopped
- 4½ cups (850ml) vegetable stock

### Method:

1. Heat some oil in a large frying pan over a medium heat.
2. Add the onion and leeks and cook for 3 minutes, stirring frequently.
3. Add the potatoes and cook for a further minute, before adding the stock.
4. Place a lid on the pot and bring to the boil over a high heat. Turn down the heat to a low level and simmer the soup for 20 minutes or until the potatoes are soft.
5. For a smoother soup, blend in a blender or through a sieve.
6. Serve with crusty wholemeal rolls or bread.

### Alternatives:

- Substitute 280ml of the stock with semi-skimmed milk for a creamier soup.
- Try a curried leek and potato soup by adding curry powder (3 rounded teaspoons for a medium curry) to the leeks and potatoes just before adding the stock.

## **Did you know ?**

Leeks are a very cleansing and detoxifying vegetable. They are a good source of potassium and vitamin K.

Potatoes are a good source of carbohydrate. Carbohydrates provide us with energy. Potatoes provide the highest amount of vitamin C in the British diet (because we eat so much!).

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