

# Leek and Potato Soup

This homemade soup tastes so much better than a bought one, quick and easy to make. Serve with chunks of crusty bread for a homely lunch or supper, or swirl in a little extra cream for an elegant first course. You can make the soup and keep it in the fridge, covered, for up to 3 days

## Time:

Preparation time: 25minutes

Cooking time: 25 minutes

Serves 4

## Ingredients:

- 3 leeks (about 250g/9oz)
- 1 onion
- 25g (1oz) butter
- 500g (1lb 2oz) potatoes
- 1.2 litres (2 pints) hot chicken stock or vegetable stock\*
- Salt and freshly ground
- Black pepper
- Nutmeg
- 150ml (5fl oz) single cream
- 1 tsp lemon juice
- 2 tbsp. chopped fresh parsley or snipped chives, to garnish

## Recommendation:

Use a good home-made chicken stock give depth of flavour, but vegetable stock can be used instead. It will give a lighter taste.

## Method:

- Trim the leeks, leaving some green at the top to colour the soup. Cut in half lengthways, and then cut across into 5mm (1/4in) slices. Rinse in a colander in plenty of cold running water. Drain well.
- Peel the onion and cut it into slices about the same thickness as the leeks.
- Place the 5-litre (83/4-pint) pot on the hob over a medium heat and add the butter. Once the butter has melted and is foaming, add the chopped leeks and onion.
- Stir to coat the vegetables in butter. Cover the pan and cook for about 5 minutes, or until soft but not brown, lifting the lid occasionally to stir.
- While the leeks and onion are cooking, peel the potatoes and cut them into 5mm (1/4in) slices.
- When the leeks and onion are ready, add the potato slices to the pan.
- As soon as you have added the potatoes, pour in the hot stock, then add a little salt and pepper. Do not use too much salt because the stock may already contain some.
- Add about 8 gratings of nutmeg, turn up the heat, and bring to the boil. Reduce the heat, cover, and simmer for about 10 minutes, or until the vegetables are soft.
- Remove the pan from the heat and purée using an electric hand-held blender. Or, allow the soup to cool slightly and use a freestanding blender, puréeing in batches.
- Bring the soup to a boil over a medium heat. Remove from the heat, add the cream and lemon juice, then stir and check the seasoning. Garnish with fresh herbs.

## Nutritional information per serving

- Calories: 293
- Saturated fat: 8g
- Unsaturated fat: 4g
- Sodium: 349mg
- As well as being low in calories, soup has a number of health and wellbeing benefits