



POTATO LEEK SOUP

Yield: 6 servings, Serving Size: 1 cup

INGREDIENTS:

- 4 medium leeks (dark green stems removed)
- 1/2 large white onion, chopped
- 2 medium potatoes, peeled and cut into cubes
- 1 tbsp flour
- 1 tbsp butter
- 4 cups fat free chicken stock (or vegetable broth for vegetarians)
- 1/2 cup milk
- salt and fresh pepper

DIRECTIONS:

1. Wash leeks very carefully to remove all grit. Cut them horizontally and separate the rings to make sure no dirt remains. Coarsely chop them when washed.
2. In a medium soup pot, melt butter and add flour on low flame.
3. Using a wooden spoon, mix well. This will thicken your soup
4. Add chicken/vegetable stock, leeks, onion, potatoes and bring to a boil.
5. Cover and simmer on low for about 20-25 minutes, until potatoes are soft.
6. Using a blender, blend the soup until smooth adding the milk and adjusting salt and pepper to taste.
7. Serve immediately.