

Leek & Potato Soup

PREP TIME: 25 MIN

COOKING TIME: 25 MIN

SERVES: 8

A light and bright soup for an easy meal. Can be served as is or blended to become a smooth soup. Great for kids to get exposure to other flavor profiles with a fan favorite, the potato!

Ingredients

2 leeks (1lb or so)
6 cups chicken or veggie broth
2 TBSP olive oil
3 c chopped yellow onion
1 cup diced carrot
1 cup diced celery
2 cloves garlic, finely chopped
2 cups Yukon gold potatoes,
peeled & cubed (1lb or so)
salt and pepper to taste
fresh herbs to taste

Directions

- 1. Prep the leeks:** Wash, remove outer leaves, tops, and roots. and halve leeks & rinse any dirt that accumulated between the layers while growing. Cut into 1/2" slices. *If needed, throw in a large bowl and immerse in cold water to ensure all dirt is removed.* Drain.
- 2. Saute the veggies until slightly tender:** Add oil to a large pot or Dutch oven. Add leek, onion, carrot, celery, and garlic. Saute 10-15 minutes until slightly tender, stirring occasionally.
- 3. Add the broth to the pot:** Add the broth to the pot and bring to a slow boil over medium high heat.
- 4. Add potatoes to the pot & simmer:** Add the potatoes and simmer for 10 - 15 minutes, or until potatoes are tender.
- 5. Season:** Add salt & pepper to taste.

Enjoy!

