

Potato Leek Soup

Recipe makes: 8 to 10 servings (1 cup per serving)

Preparation time: 30 minutes

Cook time: 45 to 60 minutes

Equipment: One vegetable peeler or paring knife, one large knife, one cutting board, one stove or hotplate, two large pots, one wooden spoon, one set of measuring spoons, one set of measuring cups, one blender, one ladle, serving bowls

What you need to make this recipe:

- ✓ 1 teaspoon canola oil
- ✓ 4 large potatoes, peeled, washed, and chopped
- ✓ White part of 3 leeks, washed and chopped
- ✓ About 4 cups (900 mL) chicken or vegetable broth
- ✓ 1 cup (250 mL) 1% milk
- ✓ Green part of 1 leek, washed and thinly sliced

How to make Potato Leek Soup:

1. Put the oil in a large pot. Put the pot on the stove or hotplate and turn the heat on to medium.
2. When the oil is warm, put the potatoes and chopped white part of the leeks in the pot. Cook the vegetables, stirring often using a wooden spoon, for 15 minutes or until they begin to soften.
3. Deglaze* the pan by slowly adding 250 mL (1 cup) of the broth to the pot. Let the vegetable and broth mixture come to a simmer. Then, using the wooden spoon, stir the mixture and scrape any pieces of the vegetables off the bottom of the pan.
4. Add the rest of the broth to the pot and turn the heat up to medium high. When the mixture is boiling, turn the heat down to medium low and simmer for 20 to 30 minutes, or until the vegetables are tender. The vegetables are tender when a fork can go through them easily.
5. Take the soup off the heat and let it cool for 5 minutes. While the soup is cooling, set up a blender.
6. Carefully put 1 cup of the soup in the blender. Blend on high until the soup is smooth. Put the blended soup in a clean, large pot.
7. Repeat Step 6 until all the soup has been blended.
8. Add the milk and the slices of the green part of the leek to the soup and stir until combined.
9. Heat the soup over medium heat until hot.
10. Serve the soup hot.

* To learn more about deglazing, see “About this recipe” on the next page.

Potato Leek Soup

Nutrition Facts	
Per 1 cup (250g)	
Calories	% Daily Value*
100	
Fat 1 g	1 %
Saturated 0.2 g	1 %
+ Trans 0 g	
Carbohydrate 21 g	
Fibre 2 g	7 %
Sugars 5 g	5 %
Protein 3 g	
Cholesterol 0 mg	
Sodium 140 mg	6 %
Calcium 75 mg	6 %
Iron 1.25 mg	7 %
Vitamin A 50 µg	6 %
Vitamin C 17 mg	19 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk.

May contain wheat or gluten.

About this recipe:

Did you know that potatoes are a great source of the mineral potassium? Getting enough potassium in your diet can help keep your heart, muscles, and nerves healthy.

Deglazing is when a liquid is added to a hot pan after a food has been cooked in the pan. The liquid is used to remove pieces of browned food that are stuck to the pan. Removing the food from the bottom of the pan keeps it from burning and increases the flavour of the recipe.

Substitutions:

To make this recipe milk-free, use a plant-based milk alternative, like fortified soy beverage.

To make this recipe wheat and gluten-free, use certified gluten-free broth.

To make this recipe vegan, use a plant-based milk alternative and vegetable broth.

To make this soup lower in sodium, use low-sodium broth.

Storage information:

Store the soup in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Put a label with the date you made the soup on the container, so you know how long it has been in the fridge or freezer.



MEDAVIE

