



# Leek and Potato Soup



## Ingredients

3 large leeks  
5 medium potatoes  
1.5 litres (2 pt) stock  
Seasoning, e.g. pepper

## Equipment

Chopping board, knife, vegetable peeler, saucepan and measuring jug

## Method

1. Wash and peel the leeks and potatoes.
2. Chop the vegetables finely, into bite sized pieces.
3. Put all the chopped vegetables in a large pan with the stock and heat until boiling.
4. Turn down the heat and cook gently for 30 minutes.
5. Season and serve the soup hot.

## Options

Carrots, swede, cabbage, onions, garlic or peppers could be used. Keep the potatoes because they help make the soup thick.

For extra flavour, add chopped cooked vegetables, chicken, meat or grated cheese for the last five minutes of cooking.

# Nutrition Information

Leek and Potato Soup	per 100g	per recipe	per portion ( $\frac{1}{6}$ recipe)
Energy (kJ)	119	3598	600
Energy (kcal)	28	860	143
Protein (g)	1.0	31.6	5.3
Fat (g)	0.3	8.5	1.4
of which saturates (g)	0.0	0.6	0.1
Carbohydrate (g)	5.8	174.6	29.1
of which sugars (g)	0.6	19.1	3.2
Fibre (g)	0.8	24.9	4.2
Sodium (mg)	184	5569	928
Salt (g)	0.5	13.9	2.3

## Notes

# Key Messages

## Healthy eating

- If stock cubes are used, do not add extra salt, as they are already high in salt. Experiment with different seasonings, such as dried herbs or a dash of Worcestershire sauce.
- Serve with thick crusty bread, try wholegrain varieties.

## Money

- Adding potatoes to soup is a good way of thickening it, and it makes it a more substantial meal.

## Food safety

- Always wash fresh vegetables thoroughly and peel where necessary.