



Potato Leek Soup

Ingredients

3 large leeks
 2 tablespoons olive oil
 2 cups water
 2 cups chicken broth (or vegetable broth for vegetarian option)
 2 lbs potatoes, peeled, diced into ½ inch pieces
 Dash of marjoram
 ¼ cup chopped fresh parsley
 2 teaspoons chopped fresh thyme, or ½ teaspoon dried thyme
 Salt & pepper

Instructions

1. Cut leeks lengthwise; separate and clean thoroughly. Chop white and pale green parts and reserve; discard remainder.
2. Cook leeks in oil with salt and pepper in a medium sized saucepan. Cover pan, cook on low heat for 10 minutes; check often-do not brown leeks! Browning will give leeks a burnt taste. Add water, broth, and potatoes. Bring to a low simmer and cook for 20 minutes, scoop about half of the soup mixture into a blender, puree and return to pan. Add marjoram, parsley, and thyme. Add some freshly ground pepper, 1-2 teaspoons of salt or more to taste.

Cook time 30 minutes

yield: serves 4-6

DID YOU KNOW?

Leeks are closely related to onions but have a sweeter, creamier, more delicate flavor. Leeks will not form bulbs or produce cloves like onion or garlic, but instead develop an edible, round stem that can measure 2 inches in diameter. The leek's cylindrical, white, edible root gradually becomes a stalk with a fan of dark green, flat leaves.

Nutrition Facts	
Serving Size 1/4 of recipe 396g (396 g)	
Amount Per Serving	
Calories 176	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	4%
Trans Fat	
Cholesterol 7mg	2%
Sodium 335mg	14%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	10%
Sugars 6g	
Protein 8g	
Vitamin A	22% • Vitamin C 26%
Calcium	5% • Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Fruit	1½-2 cups a day
Vegetables	2½-3 cups a day
Grains	6-8 ounces a day
Protein	5-6½ ounces a day
Dairy	3 cups a day



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