

LEEK AND POTATO SOUP



INGREDIENTS

- 3 tbsp oil of choice or butter
- 4 large leeks, trimmed and chopped
- 3 garlic cloves
- 2 lbs yukon gold potatoes, chopped
- 7 cups low sodium vegetable broth
- 2 bay leaves
- 3 sprigs fresh thyme
- 1 tsp salt
- ¼ tsp black pepper
- heavy cream to garnish (optional)
- (Optional): chives for serving

INSTRUCTIONS

1. Trim and clean each layer of the leeks.
2. Melt butter in the pot. Add leeks and garlic and stir regularly for about 10 minutes until soft and wilted.
3. Add the potatoes, broth, bay leaves, thyme, salt, and pepper and let it come to a boil.
4. Cover the pot and turn the heat down to low. Let it simmer for about 15 minutes or until potatoes become soft.
5. Remove thyme and bay leaves and puree with a blender.
6. Broth or water can be used to thin soup if it becomes too thick.
7. Garnish with fresh herbs such as chives and heavy cream.
8. Enjoy!

