

## LEEK & POTATO SOUP

*A classic winter warmer, packed full of goodness.*

SERVES 4 

### INGREDIENTS

1 tablespoon vegetable oil  
25g butter  
1 medium onion  
3 leeks (approx. 450g trimmed weight)  
2 medium potatoes (approx. 250g peeled weight)  
1 vegetable stock cube  
700ml water  
250ml semi-skimmed milk

### EQUIPMENT

Knife  
Peeler  
Measuring jug  
Colander  
Wooden spoon  
Chopping board  
Saucepan  
Blender

### ALLERGENS

Milk

### TIP

Make this vegan by using plant-based milk and butter.



### METHOD

- 1 Peel the onion and chop into small dice.
- 2 Slice off the root ends tough green tops of the leeks. Remove the outer layer and slice in half lengthways. Wash in the sink in a colander, pulling open the layers and washing between them (dirt often collects between the outer layers of leeks). Slice thinly.
- 3 Place the butter in the saucepan with the vegetable oil and heat gently until the butter has melted. Add the diced onion and chopped leek and sweat over a low heat with the lid on, stirring from time to time for 5-10 minutes until the onion looks opaque, but not coloured. Take the pan off the heat.
- 4 Peel the potatoes and chop into 1 cm cubes, then add to the pan and stir to combine.
- 5 Dissolve the stock cube in 700ml boiling water in the measuring jug. Add to the pan, return to the heat and then bring to the boil and simmer with the lid on until the potato is tender (about 10 minutes). Remove pan from the heat.
- 6 Add the milk to the pan and season. When cool, blend in a blender or using a hand-held stick. To serve, reheat gently without boiling.



Find more recipes @ [www.cookingup.org](http://www.cookingup.org)



Registered Charity No: 1198664  
Website: <https://www.cookingup.org/>  
Facebook @cookingupcharity  
Instagram @cookingup\_