



## The Kitchen at Second Harvest Classic Potato Leek Soup try at home recipe

*Recipe modified from Chef Laurent of Fleur de Sel*

flip to learn more!



### Ingredients

- 2 oz. butter
- 1 ½ pounds of potatoes, washed and cut into large slices
- 2 leeks cut lengthwise, washed well and cut in one-inch lengths
- ½ onion- diced
- 4 cups of water or stock
- 1 cup of cream
- Salt and pepper to taste

**Yield: 6 cups**  
**Serving Size: 1 cup**



### Directions

1. Sweat butter with onions and leeks.
2. Add stock or water, and potatoes and simmer covered for 45 minutes.
3. Add cream and bring to a boil.
4. Blend in a blender or mash the potatoes or use an immersion blender if you have one.
5. Season with the salt and pepper.
6. Garnish with bacon, cheese and sour cream.

Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](https://secondharvestkitchen.org)



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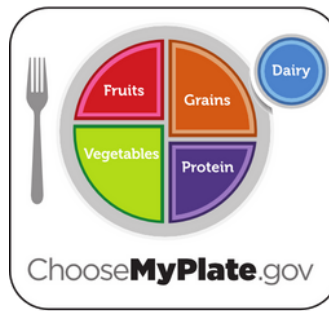


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

## Cooking Tips

- Toast bread and dip it in!
- Can't eat the entire batch of soup? Freeze portions for later!
- Don't have leeks? Use one onion instead!
- Leave skins on potatoes for added nutrients.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.  
This institution is an equal opportunity provider.



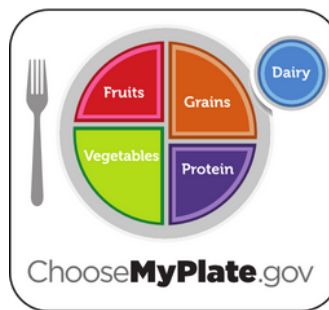
## Nutrition Facts

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>310</b>
% Daily Value*	
<b>Total Fat</b> 22g	<b>28%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0.8g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0.6mcg	<b>4%</b>
Calcium 78mg	<b>6%</b>
Iron 2.52mg	<b>15%</b>
Potassium 752mg	<b>15%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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