



Classic Potato Leek

Soup



Recipe from Chef Laurent of Fleur de Sel

Ingredients



- 2 oz. butter
 - 1 ½ pounds of potatoes, washed, peeled (or not) and cut into large slices
 - 2 leeks cut lengthwise, washed well and cut in one-inch lengths
 - ½ onion- diced; use 1 onion if you don't have leeks.
 - 4 cups of water or chicken stock
 - 1 cup of cream
 - Salt and pepper to taste
- Serving Size: 1 cup
Yield: 6 servings



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 inversion blender if you have one.
5. Season with the salt and pepper
6. Garnish with bacon, cheese and sour cream

Total Cost: \$4.25
Serving Cots: \$0.72

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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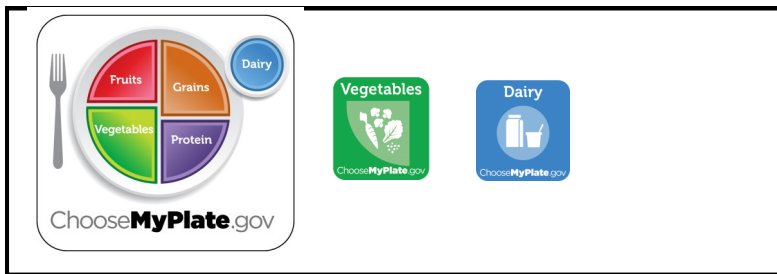
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Fast Facts



Featured Food Groups



Cooking Tips

- Toast bread and dip it in!
- Can't eat the entire batch of soup? Freeze portions for later!
- Substitute onions for leeks

Second Harvest is an equal opportunity provider.



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