

# Leek and Potato Soup

Prep time: 10 minutes    Cooking time: 35 minutes



## Ingredients

1 tablespoon sunflower / rapeseed oil  
4 large leeks washed, trimmed and cut into thin rings

2 medium / large potatoes, peeled and chopped

845mls / 1½ pints low salt vegetable or chicken stock using 1 stock cube

3-4 tablespoons of semi-skimmed milk

1 teaspoon mixed herbs

Pinch of black pepper



## Method.

- Heat oil in a large saucepan. Add leeks and potato. Cover and allow to soften for 5 minutes
- Add the stock, herbs and black pepper. Bring to the boil, reduce the heat and simmer for about 30 minutes. Ensure leeks and potato are thoroughly cooked
- Puree the mixture in a blender. Do this a bit at a time so it doesn't spill. Once blended, put back in the pan. If you don't have a blender, use a masher
- Add the milk to give the soup a creamy taste and thin it down
- Serve with crusty bread



**Tip!**  
To make this more filling and fibre rich add a tin of chickpeas/butter beans