

RESCUE*RECIPE - LEEK AND POTATO SOUP

VARIATION - VICHYSOISE

INGREDIENTS

4 leeks - washed thoroughly- dirt likes to hide between the layers

2 potatoes - peeled, diced

¼ cup butter (or any combination of margarine olive oil)

2 bay leaves

1/2 tsp tarragon

1/2 tsp sage powder

6 cups broth (can be made from boiling water and stock powder)

Salt & pepper

Up to 1 cup **Milk** or cream to suite your taste

DIRECTIONS

Step 1 – melt butter on low-medium heat in large saucepan.

Step 2- Dice all the edible parts of the leek (the white and the tender greens) to avoid waste. Traditional methods may suggest only using the white parts of the vegetable but that is unnecessary. The color of the soup will no longer be white, but the flavour is enhanced. Cook until soft on gentle heat - approx. 5 minutes

Items in red have been rescued* from disposal.



Step 3 – add the diced potatoes (smaller will cook quicker) and bay leaves. Cook 5 minutes - stir occasionally.

Step 4 – add remaining ingredients except dairy. Cover pot. Turn heat up to simmer. 20 minutes or until potatoes are very soft. Adjust seasonings and liquids to create the desired taste and consistency. Stir in milk.

Remove the bay leaves before serving.

Serve hot = Leek & Potato Soup

Or puree with a hand blender then...

Serve cold = Vichyssoise (*sounds fancy!*)

FUNKY FOOD FACT

HOMEMADE SOUPS ARE NOT ONLY ECONOMICAL BUT TEND TO BE MUCH LOWER IN SODIUM (SALT) THAN CANNED OR STORE MADE VERSIONS. SODIUM CAN BE A MAJOR FACTOR IN HIGH BLOOD PRESSURE, STROKE, HEART AND KIDNEY DISEASES.
EAT WELL TO STAY WELL!