

Creamy Potato and Leek Soup

This tasty soup is sure to fill you up any time of the year!

Prep Time: 30 mins
Cook Time: 30 mins

Makes: 8 servings (1 cup each)

Source: FoodHero.org, [recipes/ creamy potato leek soup](http://recipes/creamy-potato-leek-soup)

Ingredients

- 3 leeks (about 3 cups diced)
- 3 potatoes (about 3 cups diced)
- 2 Tablespoons margarine or butter
- 4 1/2 cups low-sodium chicken broth
- 1/4 cup 1% milk
- 2 garlic cloves, minced or 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper

Directions

1. Remove root and green tops from leeks. Slice in half lengthwise and rinse well under running water. Slice crosswise into 1/4 inch slices.
2. Scrub potatoes under running water with a clean vegetable brush; cut into small cubes.
3. Melt margarine or butter in a 2-quart saucepan over medium heat.
4. Add garlic and chopped leeks. Cook until softened.
5. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
6. Add remaining broth, milk and pepper. Simmer for about 5 minutes.
7. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

| Serving Size: 1 cup | |
|----------------------|--------|
| Nutrients | Amount |
| Calories: | 150 |
| Total Fat: | 5 g |
| Saturated Fat: | 3 g |
| Cholesterol: | 10 mg |
| Sodium: | 55 mg |
| Total Carbohydrates: | 21 g |
| Dietary Fiber: | 2 g |
| Total Sugars: | 2 g |
| Added Sugars: | 0 g |
| Protein | 5 g |

Utensils Needed

- Cutting Board
- Measuring Utensils
- Large Pot or Electric skillet
- Sharp Knife

SHOPPING LIST

Average total cost : \$16.37

Average cost/serving: \$2.04

Recipe Makes: 8 Cups, 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
Leeks 1 bunch



Add 3 to Cart
Low-Sodium Chicken Broth



Add 1 to Cart
Potatoes (1.5 lb bag)



Add 1 to Cart
1% Milk



Add 1 to Cart
Butter (1 lb)



Add 1 to Cart
Garlic Bulb

SAVE TIME, SAVE MONEY

Chef's Notes

- Fresh leeks can be found year-round and can be frozen in a flash to use at a later time in soups, stews, and more!
- Serve this soup alongside a whole grain roll or feel free to add in a whole grain pasta or rice and boneless, skinless chicken or turkey breast. Be sure to add in any other veggies you like or may have on hand!
- Store leftovers within 2 hours of cooking. This recipe also freezes very well and makes a quick and delicious lunch or dinner any night of the week!

My Cooking Notes