

stepWell

a change in the right direction

healthy recipe



Stepwell's mobile market is funded by Scottish Government Fairer Scotland Fund (FSF) via Inverclyde Alliance



POTATO & LEEK SOUP

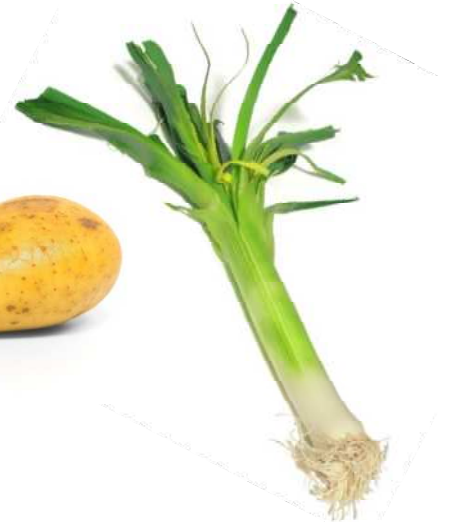


Preparation time: 10 minutes
Cooking time: 30 minutes



Ingredients

- 1 tablespoon of olive oil
- 2 potatoes (3 if smaller)
- 1 onion
- 1 leek
- 1 pint of vegetable stock (no extra salt required)



Method

- Slice the leeks and onions (washing the leeks if needed).
- Peel and chop the potatoes into cubes.
- Gently cook the leeks and onions in the oil for 5 minutes.
- Add the stock and the potatoes and bring to the boil. Reduce heat and simmer for 20 minutes or until potato is cooked.
- Leave to cool for 5 minutes then whizz up in a food processor or hand blender
- Return the soup to the pan and bring back to the boil, adding any extra water if needed to thin the soup to the required consistency.

For a change!

Add some black pepper to make this soup even more warming.