



# Lovely Leek and Potato Soup

**Serves 3-4**

## Ingredients

a generous knob of butter

1 medium onion

2 leeks

1 large potato

1.2 litres of vegetable or chicken stock

salt and pepper

100ml of fresh cream

## Equipment

one large pan

wooden spoon

hand-held blender

## Method

1. Wash the leeks thoroughly and chop them.
2. Peel and finely chop the onion.
3. Peel and chop the potato into small chunks (about 1 cm cubes).
4. Put the butter into a large pan and heat until it is bubbling but not burning.
5. Add the onion, leeks and potatoes and stir so that the vegetables are coated with the butter.
6. Turn the heat right down, put a lid on the saucepan and 'sweat' the vegetables for 10 minutes until they have softened.
7. Meanwhile, boil a kettle of water for the stock. Mix the boiled water with the stock cubes and add to the pan.
8. Bring the soup to the boil, then simmer for about 15 minutes until the vegetables have cooked through.
9. Let the soup cool for 10 minutes then whizz with a blender. Add some more boiled water if the soup is too thick.
10. Reheat before serving, and stir in the cream over a gentle heat at the end.

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.