



SAVE  MORE  
THAN FOOD  
MAKE A DIFFERENCE

# LEEK AND POTATO SOUP

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YIELD: 4 SERVINGS | TIME: 30-40 MINUTES

## FOOD SAVING HACKS

This recipe uses potatoes and leeks, two root vegetables with a long shelf life. Save all your vegetable scraps (including the green tops of leeks) to make stock.

### INGREDIENTS



**1 medium potato**  
peeled and  
diced



**2 leeks,**  
trimmed,  
washed and  
finely sliced



**1 medium onion,**  
finely diced



**1 reduced-salt vegetable stock cube**  
(or  $\frac{1}{4}$  quart of vegetable stock)



**1 tablespoon vegetable oil**



**$\frac{3}{4}$  cup milk**



**Salt and pepper**  
to taste



**Fresh chives,**  
chopped, for garnish  
(optional)

### INSTRUCTIONS

1. Peel and dice the potato into small pieces.
2. Trim the root end and green top off of the leeks. Compost the outer layer and wash thoroughly. Slice into 1 cm pieces.
3. Peel and finely chop the onion.
4. In a heat-safe container, dissolve the stock cube in 3  $\frac{1}{2}$  cups of boiling water. (If using vegetable stock, skip this step and save the stock until step 8.)
5. Heat the oil in a soup pot and add the onion. Cook until softened, about 5 minutes.
6. Add potato, leeks and stock mixture (or vegetable stock) into the soup pot and season with salt and pepper to taste.
7. Bring the soup to a boil, then simmer until the potatoes are tender, about 15–20 minutes.
8. If you want a creamier texture, blend until you reach your desired consistency.
9. Stir in the milk and heat through.
10. Serve garnished with fresh, chopped chives, if desired.

**SAVE MORE THAN FOOD!** The recipe calls for 2% milk, but you can substitute for any milk you have on hand. If you don't have fresh chives, use other dried or fresh herbs or omit them.