

# LEEK AND POTATO SOUP

## INGREDIENTS

- 6 leeks
- 4 medium russet potatoes
- 4 1/4 c vegetable stock
- 1 c white wine
- 2 cloves of garlic
- 1/4 cup olive oil
- salt to taste
- toasted bread



## DIRECTIONS

1. Wash leeks and potatoes and peel potatoes
2. Roughly chop leeks and potatoes into similar sized pieces
3. Heat 2 tbs of olive oil and the garlic in deep skillet, once hot add leeks and potatoes
4. Fry over low to medium heat, slowly adding the wine, until the leeks are soft
5. Add salt to taste and the vegetable stock. Bring to a boil and let simmer for an hour
6. Reduce to a puree using a hand blender
7. Drizzle with olive oil and serve with toasted bread

## NUTRITION FACTS

### All About Leeks!

Leeks are a low calorie, high nutrient food loaded with vitamins and minerals such as vitamin A and K1 as well as manganese! They are also a great source of antioxidants

Serves 6 people- Serving size = 1c

232 calories, 4.5 g protein, 4.8 g fat, 38 g carbohydrates, 112 mg sodium, 70 mg calcium, 3 mg iron, 781 mg potassium