

# Leek and potato soup

This low budget, hearty soup is delicious served with warm, crusty bread.



Serves: 6

Time: 50 minutes.

## Ingredients

- 3 large leeks, sliced
- 5 medium potatoes, chopped
- 1.5 litres vegetable stock, use low-salt stock cubes
- Freshly ground black pepper

## Method

1. Put the sliced leeks and potatoes into a large pan with the stock and bring to the boil.
2. Turn down the heat and cook gently for 30 minutes, until the potato is soft.
3. Season and serve hot.

## Nutritional Information

| Each serving provides | Amount in grams                 |
|-----------------------|---------------------------------|
| Energy                | 697 kilojoules/165 kilocalories |
| Fat                   | 0.4                             |
| Saturates             | 0.1                             |
| Sugar                 | 2.6                             |
| Salt                  | 0.02                            |

Typical values per 100g: Energy 147kJ/35kcal.

The nutritional information stated above is based on each serving of Leek and Potato Soup and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).