



Leek & Potato Soup

Leek and potato soup is a delicious winter warmer and very easy to make. Once you know how to make a basic soup recipe you can adapt it as much as you want. Make it more substantial by adding pasta, rice or pulses or add your favourite herbs and spices, the possibilities are endless!



Watch the how to make this dish
video at growtogive.co.uk

Allergen info

- * Celery – vegetable stock cube
- * Milk – butter, cheese

Equipment

Knife, chopping board, wooden spoon, scales, mixing bowl, mixing jug and saucepan.

Ingredients

- 1 leek – or any green veg
- 1 onion – any colour
- 500grams (g) potatoes (you can use leftover cooked potatoes)
- * Vegetable stock cube
- 1 litre boiling water
- * 25g butter
- Salt and pepper

Optional Extras

- Use whatever veg you have in your cupboards such as broccoli or peas, fresh or tinned, all will taste good
- You can also add meat, meat substitutes, grains and pasta to soups, chorizo works particularly well
- * Put some cheese in too or grate some on top
- Add extra herbs and spices

Helpful Tips

- Be creative!
Use a tin of soup as a base and add to it using the ideas above, to make it serve more people

Method



Serves 4



1

Wash and chop the leek, chop the onion



2

Peel the potatoes, and chop it into small cubes. You can use leftover boiled potatoes



3

Melt the butter in a large saucepan, add the onion and leek and cook on a gentle heat until soft. (for approx. 5 minutes)



4

Add the potatoes and stir



5

Make the stock by dissolving a stock cube in 1 litre boiling water



6

Pour the stock into the pan and simmer until the vegetables are cooked. (approx. 20 mins)



7

You can blend the ingredients to make a smooth soup. Alternatively, (or if you don't have a blender) you can leave it chunky



8

Taste and season with salt and pepper

