

# Potato and Leek Soup



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 8

**Prep:** 15 minutes | **Cook:** 55 minutes

## INGREDIENTS

- 4 tablespoons butter
- 3 medium leeks, white and light green parts only, diced
- 2 medium white onions, diced
- 1 medium potato, peeled and diced
- 8 cups beef, chicken, or vegetable stock
- 1 dried bay leaf
- Salt and pepper, to taste
- 1/2 cup crema or sour cream (optional)
- 2 tablespoons finely chopped chives (optional)
- Olive oil, for garnish (optional)

## DIRECTIONS

1. Heat butter in a 4-qt. saucepan over medium heat. Add leeks, onions, and potato, and cook, stirring often, until soft, about 20 minutes.
2. Add stock and bay leaf, and cook, stirring occasionally, until potato is very tender, about 35 minutes.
3. Transfer to a blender and purée until smooth, at least 2 minutes; season with salt and pepper.
4. Transfer to a pitcher or bowl and refrigerate until chilled, about 2 hours.
5. To serve, divide chilled soup among serving bowls or warm soup on the stovetop to serve warm. Add a spoonful of crema, sprinkle with some of the chives, and drizzle with a couple drops of olive oil if desired.



## Nutrition Information

*Serving Size: 1/8 of recipe with crema*

<b>Calories</b>	<b>279</b>
<b>Total fat</b>	<b>12g</b>
Saturated Fat	5g
<b>Cholesterol</b>	<b>22mg</b>
<b>Sodium</b>	<b>379mg</b>
<b>Carbohydrates</b>	<b>28g</b>
Fiber	2g
Sugar	7g
<b>Protein</b>	<b>8g</b>

Recipe source: Saveur

## \*Substitutions

1 dried bay leaf → 1/4 teaspoon thyme