



POTATO LEEK SOUP

Intermediate Lifestyle

INGREDIENTS

4 medium leeks, dark green stems removed
1/2 large white onion, chopped
2 medium russet potatoes, peeled and cut into cubes
1 TBS flour
1 TBS butter
4 cups low-sodium chicken broth (use vegetable broth for vegetarians)
1/2 cup 2% milk
salt and fresh pepper, to taste
fresh chives, optional for garnish

INSTRUCTIONS

- Wash leeks very carefully to remove all grit. Coarsely chop them when washed.
- In a medium soup pot, melt the butter and add the flour on low heat.
- Using a wooden spoon, mix well.
- Add chicken broth, leeks, onion, potatoes and bring to a boil.
- Cover and simmer on low for about 20-25 minutes, until potatoes are soft.
- Using an immersion blender, blend the soup until smooth adding the milk and adjusting salt and pepper to taste.
- Serve immediately.

SERVING INFO: (Serves 6) 1 1/2 cups = 1 G

See photo of recipe at [Instagram](#) and [Facebook](#).