

Creamy leek and potato soup

Ingredients

- 3-4 large leeks (4-5 cups sliced), light green and white parts only, reserve greens for other use
- 1 tablespoon butter, or use all oil
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 4 sprigs of fresh thyme or 1 teaspoon dry
- 1 ½ pounds Yukon gold potatoes, cut into bite-size pieces
- 4 cups vegetable or chicken stock
- ½ cup yogurt
- Salt and pepper to taste
- 2 tablespoons chopped scallions for garnish



Nutritional information

Servings: 8

Cost: \$12.25 / \$1.53 serving

Calories: 165 per serving

Directions

- Thinly slice leeks and place in large bowl of water, rinsing well to remove any dirt.
- Remove leeks from water using a strainer and set aside.
- Heat butter and oil over medium heat in medium pot.
- Once butter has melted, add the leeks, garlic and thyme.
- Cook until leeks soften and just begin to brown.
- Add potatoes and stock to the pot and cook for 15-20 minutes, or until the potatoes are tender.
- Turn off heat and remove thyme stems from soup.
- Stir in yogurt.
- Blend soup using a hand-held immersion or regular blender. If using regular blender, let soup cool or if hot, only fill ⅓ to prevent it from exploding.
- Taste and season soup to your liking.
- Garnish top with scallions and serve.

For vegan version: Substitute ⅓ cup raw cashews for butter and yogurt. Add them at same time as potatoes.