



Healthy  
Eating

# Recipe of the week

## Leek & Potato Soup

### Ingredients

- 1 tbsp. vegetable oil
- 1 onion, halved and sliced
- 2 medium potatoes, peeled and cubed
- 3 medium leeks, sliced
- 1 litre vegetable or chicken stock
- Black pepper to season

### Step 1

Heat oil in a large pan and add the onion, potatoes and leeks. Cook for 3-4 mins until the vegetables start to soften.

Add the stock and bring to the boil. Season well and simmer for 10 mins, until the potatoes

### Step 2

Take off the heat and using a stick blender blitz until smooth.

Taste and check the seasoning.

Goes great with crusty bread...enjoy!