

## Leek and Potato Soup

### Ingredients

- 1 tbsp vegetable oil
- 1 onion, sliced
- 225g/8oz potatoes, cubed
- 2 medium leeks, sliced
- 1.2 litres/2 pints vegetable stock
- 150ml/5fl oz double cream or crème fraîche
- salt and freshly ground black pepper

### Method

- ❖ Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 minutes until starting to soften.
- ❖ Add the vegetable stock and bring to the boil. Season well and simmer until the vegetables are tender (10-20 minutes depending on the size of your potato pieces).
- ❖ Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the cream or crème fraîche, heat through and serve.

*Serve with garlic bread, toast, crumpet or roll. Sprinkle some grated cheese onto the top to increase the dairy and protein content of the meal if desired. This is a good winter warmer for a filling lunch or supper.*