



BLT and P (Bacon, Leek, Tomato and Potato) Soup

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices smoky bacon lean chopped
- ☐ 1 bay leaf
- ☐ 15 ounce canned tomatoes diced drained canned
- ☐ 2 carrots small to medium
- ☐ 3 small ribs celery from the heart of the stalk finely chopped
- ☐ 2 quarts chicken stock see
- ☐ 4 servings top for dunking and mopping

- ☐ 1 Handful flat-leaf parsley finely chopped
- ☐ 3 leeks trimmed
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 4 servings salt and pepper
- ☐ 3 medium starchy potatoes such as idaho, peeled

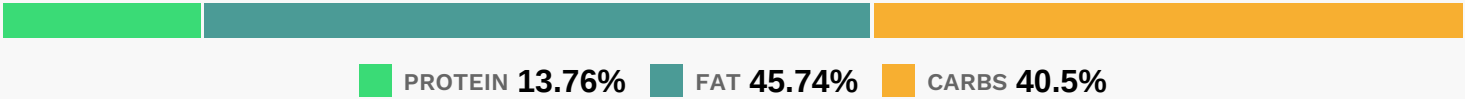
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander
- ☐ cutting board
- ☐ peeler

Directions

- ☐ Heat a medium soup pot or deep sided skillet over medium-high heat. To the hot pan add a drizzle of extra-virgin olive oil and the bacon. Cook bacon until brown and crisp.
- ☐ Add the chopped celery. Take peeled carrots and lay flat on cutting board. Hold each carrot at root end and use the vegetable peeler to make long, thin strips of the carrot. Chop the thin slices into small carrot bits or carrot chips, 1/2-inch wide.
- ☐ Add the chips to celery and stir.
- ☐ Cut leeks lengthwise and then into 1/2-inch half moons.
- ☐ Place the leeks into a colander and run under rushing cold water, separating the layers to wash away all the trapped grit. When the leeks are separated and clean, shake off water and add to celery and carrots. Stir veggies together, add a bay leaf and season with salt and pepper. While the leeks cook to wilt, 3 to 4 minutes, slice the potatoes.
- ☐ Cut each potato across into thirds. Stand each piece of potato upright and thinly slice it. The pieces will look like raw potato chips.
- ☐ Add stock to vegetables and bring to a boil. Reduce heat and add potatoes and tomatoes. Cook 8 to 10 minutes until potatoes are tender and starting to break up a bit.
- ☐ Add bacon and parsley and stir. Adjust seasonings.
- ☐ Serve immediately with crusty bread.

Nutrition Facts



Properties

Glycemic Index:86.52, Glycemic Load:28.91, Inflammation Score:-10, Nutrition Score:33.455217397731%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 648.42kcal (32.42%), Fat: 33.51g (51.55%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 66.77g (22.26%), Net Carbohydrates: 60.54g (22.01%), Sugar: 17.26g (19.18%), Cholesterol: 35.98mg (11.99%), Sodium: 1279.07mg (55.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Vitamin A: 6553.78IU (131.08%), Vitamin K: 69.91µg (66.58%), Vitamin B6: 1.29mg (64.38%), Vitamin B3: 12.39mg (61.93%), Potassium: 1766.55mg (50.47%), Manganese: 0.82mg (41.19%), Vitamin C: 31.01mg (37.58%), Copper: 0.73mg (36.29%), Vitamin B1: 0.54mg (35.71%), Vitamin B2: 0.58mg (34.14%), Phosphorus: 333.04mg (33.3%), Iron: 5.57mg (30.95%), Vitamin E: 4.47mg (29.81%), Folate: 111.42µg (27.86%), Selenium: 19.31µg (27.58%), Magnesium: 104.18mg (26.04%), Fiber: 6.23g (24.9%), Zinc: 1.98mg (13.19%), Calcium: 124.87mg (12.49%), Vitamin B5: 1.15mg (11.45%), Vitamin B12: 0.17µg (2.75%)