

# Potato Leek Soup



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



286 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 large leeks chopped ( 3 cups, )
- ☐ 2 tablespoons butter
- ☐ 4 cups chicken broth for vegetarian option (or vegetable broth )
- ☐ 2 pounds potatoes diced peeled (Yukon gold or Russet)
- ☐ 1 teaspoon sea salt to taste
- ☐ 1 pinch marjoram dried
- ☐ 1 sprigs thyme dried fresh
- ☐ 1 bay leaf

- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 servings sprinkle of tabasco sauce red
- ☐ 4 servings pepper white black to taste

## Equipment

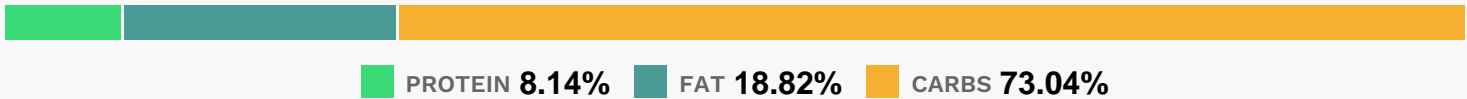
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ slotted spoon
- ☐ immersion blender

## Directions

- ☐ and cut the leeks:
- ☐ Cut off the roots of the leeks.
- ☐ Cut the leeks lengthwise, fan them open under running water to dislodge any dirt or mud hiding inside.
- ☐ Cut off the tough dark green tops and discard (either compost or freeze for making stock).
- ☐ Slice the white and light green parts of the leeks crosswise into 1/4-inch thick slices.
- ☐ Place the slices in a bowl of cold water and agitate them with your hands to dislodge any remaining dirt. Then scoop out the leeks with a sieve or slotted spoon. (See How to Clean Leeks)
- ☐ Cook leeks in butter to soften: Melt butter on medium heat in a 3 to 4 quart thick-bottomed pot.
- ☐ Add the chopped leeks, stir to coat with the butter.
- ☐ Cover the pot and reduce the heat to low, cook for 10 minutes until the leeks are softened. Check to make sure the leeks are not browning.
- ☐ Simmer the soup:
- ☐ Add the broth, diced potatoes, bay leaf, marjoram, thyme, and a teaspoon of salt to the pot.

- ☐ Increase the heat to high to bring to a simmer, then lower the heat to maintain a low simmer, and cook for 20 minutes, until the potatoes are cooked through.
- ☐ Remove and discard the bay leaf and thyme sprig. Use an immersion blender or standing blender to blend about half of the soup if you want a chunky soup, or all of it if you would like your soup to be more smooth.
- ☐ Note: if you're using a standing blender, purée the soup in batches, don't fill the blender more than a third full at a time, and remember to hold down the lid while the blender is going.
- ☐ Add the parsley, and cook a few minutes more.
- ☐ Add a few dashes of Tabasco to taste.
- ☐ Add freshly ground pepper and more salt to taste. (Potatoes soak up salt, so you may need to add more salt than you expect.)

## Nutrition Facts



## Properties

Glycemic Index:71.94, Glycemic Load:33.06, Inflammation Score:-9, Nutrition Score:22.160869451321%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 285.58kcal (14.28%), Fat: 6.18g (9.5%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 53.95g (17.98%), Net Carbohydrates: 46.97g (17.08%), Sugar: 6.42g (7.13%), Cholesterol: 15.05mg (5.02%), Sodium: 1598.4mg (69.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin K: 99.23µg (94.5%), Vitamin C: 58.71mg (71.17%), Vitamin A: 2142.39IU (42.85%), Vitamin B6: 0.83mg (41.73%), Manganese: 0.78mg (39.08%), Potassium: 1104.6mg (31.56%), Fiber: 6.98g (27.93%), Iron: 3.96mg (21.99%), Folate: 85.97µg (21.49%), Magnesium: 75.98mg (19%), Copper: 0.35mg (17.68%), Phosphorus: 161.08mg (16.11%), Vitamin B1: 0.23mg (15.09%), Vitamin B3: 2.73mg (13.65%), Calcium: 85.32mg (8.53%), Vitamin B5: 0.79mg (7.89%), Vitamin B2: 0.1mg (6.08%), Vitamin E: 0.83mg (5.54%), Zinc: 0.82mg (5.49%), Selenium: 1.5µg (2.14%)