

# Leek and Potato Soup:

## Ingredients:

You must use these ingredients in equal quantities, however it is easy to bulk make this recipe by simply equally increasing the amounts of these following 2 base ingredients and following the same method.

- Leeks
- Onion
- Potatoes



You will also require the following ingredients:

- Plain flour
- Butter
- Boiling water
- Chicken or vegetable stock cube

## Method:

1. Dice all of the leek and onion to roughly the same size, ensuring you have roughly the same amount of each.
2. Peel and chop the potatoes into medium sized pieces then, put to the side for now.
3. Sauté the veg in a large pan on medium with a knob of butter, stirring regularly to help avoid sticking to the bottom of the pan.
4. Next, add enough flour to soak up the butter, but not so much that the mixture becomes dry because this is when it will stick to the bottom of the pan easily and your soup will be ruined. I find that the best thing to do is stir regularly and add a little flour at a time.
5. Give the flour no more than 5 minutes to cook on a medium heat whilst stirring often.
6. Make up 1 stock cube worth of stock as stated on the box and add to the pan. Stir in thoroughly.
7. Add to the pan the potatoes you cut up at the beginning, stirring in then leaving to simmer for 30-40 mins.
8. Check that the potatoes are soft and fluffy, then blend while hot for the best results.

### Note:

This soup is great eaten fresh or alternatively, you can bulk make it and freeze in separate portions to be enjoyed at a later date. Since it's made of fresh ingredients, the soup may not bind back together straight away when you reheat it after freezing. This is normal so be patient! It will sort itself out as it warms through and you can add a little milk too to make it extra creamy.