

POTATO AND LEEK SOUP



You will need:

- 3-4 tablespoons extra virgin olive oil
- 1 medium onion
- 2 large leeks, white and light green parts roughly chopped and washed well
- 4 cups canned chicken broth
- 3 russet potatoes, peeled and quartered
- 1/3 cup heavy cream
- Freshly grated nutmeg to taste
- Kosher salt and freshly ground black pepper

Cooking directions:

In a large pot, heat oil until hot. Add onion and leeks, and sauté for 3 minutes. Add chicken broth and potatoes. Bring the stock to a boil, and reduce to a simmer. Cover and allow the mixture to simmer for 20 minutes. Take the pot off the stove and, using an immersion blender, process until smooth. (You may also use either a blender or a food processor to process your soup. When doing so, simply allow the soup to cool slightly and work in batches.) Return the pot to the stovetop, and place over a low heat. Add the cream, nutmeg, salt and pepper, and allow the soup to simmer for an additional 5 minutes. Ladle into soup bowls and serve.

For a low-fat version of this soup, simply omit the cream and substitute extra chicken stock.

Once again, almost anything you'd put atop your baked potato would work as a topping for this soup: sour cream, chives, cheese, bacon, crispy shallots and minced scallions are all tremendous additions. Serve your soup alongside a green salad, and you've got a complete meal.