

Potato Leek Soup

Serves 6

Ingredients have been pared down from the original Irish pub creamy soup for less saturated fat with a healthier fat profile. Blending some of the soup in a food processor creates a hearty, thick & satisfying soup.

- 1 tsp cold-pressed Canola oil
- 6 med leeks, trimmed, chopped
- 3 cups chicken stock
- 4 large potatoes, cubed
- ½ cup half-n-half
- 1 tsp sea salt
- fresh ground pepper to taste
- nutmeg, mace - optional

Heat oil in large pot on medium heat. Stir in leeks and cook until soft- approx 15 minutes. Stir in stock; add potatoes and bring to boil. Reduce heat, simmer until potatoes are tender, approx. 20 minutes. Pour half soup in food processor and puree. Return pureed soup to pot. Stir in half-n-half. Season with salt and pepper. Optional: Ladle into individual bowls; sprinkle with nutmeg or ground mace to add a little flare. Serve with warm, crusty whole grain bread and side salad.

