

# CREAMY LEEK & POTATO SOUP



Now that the heat of summer is finally beginning to subside and the heavens drench us with plenty of rain daily, it's soup time! I love soups, and this one is a family favourite. It's originally based on the French Vichyssoise, but (as you'd expect), I've tweaked it. Originally, it's made with chicken stock, (and that's what I've decided to go with this time round), but you can also use vegetable stock to make it vegetarian. Alternately, you can also make a vegan version by either substituting the butter with margarine or skipping the butter altogether, as well as adding vegan cream, (either homemade from cashews and water or store-bought), instead of normal cream. Here is my version, a warm hearty inviting soup that all the family can enjoy!

---

**Yields:**

**10-12** servings

**Prep. Time:**

**0** hours **20** minutes

**Cook Time:**

**0** hours **15-20** minutes

**Total Time:**

**0** hours **35-40** minutes



Unsuitable for freezing



Suitable from **10** months, and cut the bread into small bites



Suitable for vegans



Suitable for vegetarians

---

## INGREDIENTS

- 7 -8 medium leeks, thinly sliced
- 1 red onion, finely chopped
- 2 cloves of garlic, crushed
- 3 large potatoes, finely chopped
- 4 Button (White) or Cremini mushrooms
- 3 Tbsp olive oil
- 50g butter
- 1 tsp turmeric
- 1 tsp black pepper
- Salt to taste
- 2,5L Chicken or vegetable stock
- 1 mushroom stock cube (optional)

- 200ml Fresh cream
- Parsley, finely chopped, for decoration (optional)

## METHOD

1. I know everything will be blended at the end, but I prefer to chop my vegetables beforehand, too, as I find this creates a creamier soup. So, chop all your veggies. Finely.
2. Melt the butter (skip for the vegan version or use margarine) and add all the vegetables in a big pot.
3. Add salt and pepper, and stir until the onions have softened and are translucent.
4. Add the turmeric.
5. Pour in the chicken or vegetable stock, and stir well.
6. Bring to the boil, then simmer until the potatoes are soft and easy to squish with a wooden spoon.
7. Remove from the heat and, using a blender or a hand-held immersion blender (far easier, to be honest!), blend the soup until it's creamy and thick.
8. Once the soup has been properly blended, add the fresh cream (or vegan substitute) and stir.
9. Sprinkle chopped parsley (if desired), and enjoy with a slice of homemade soda bread. (Recipe in the *Have Fun with Your Veggies* section)