



Winter Leek & Potato Soup

Makes 6 servings. Recipe from allrecipes.com.

Ingredients

2 tablespoons unsalted butter, or more if needed
2 leeks, cleaned and chopped
½ cup chopped yellow onion
6 Idaho potatoes, peeled and cubed
1 stalk celery, minced
4 cups low-sodium chicken broth
1 cup half-and-half
4 ounces shredded Cheddar cheese (Optional)
1 tablespoon chopped fresh parsley
1 teaspoon garlic powder
Salt and ground black pepper to taste.

Nutritional info

Calories	364
Total Fat	15g
Cholesterol	49mg
Sodium	500mg
Total Carbohydrates	46g
Dietary Fiber	6g
Protein	12g
Vitamin C	48mg
Calcium	227mg
Iron	3mg
Potassium	1051mg

Directions

1. Melt butter in a pot over medium heat. Cook and stir leeks, onion & celery until vegetables are tender, about 5 minutes.
2. Stir potatoes and chicken broth into onion mixture; simmer until potatoes are tender, 20 to 25 minutes.
3. Pour half-and-half into potato soup and continue to simmer until slightly thickened, about 15 minutes more.
4. Stir Cheddar cheese, parsley, garlic powder, salt, and black pepper into soup until cheese is melted, about 5 minutes.