



Leek Potato Soup



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

- 1 lb leeks (4-5 medium), cleaned with dark green sections removed
- 3 Tbsp Land O Lakes light butter
- 1/8 tsp kosher salt
- 2 1/2 lbs Yukon gold potatoes, peeled and diced small
- 1 quart vegetable broth
- 1 cup Land O Lakes fat free half and half
- 1 cup buttermilk
- 1/2 tsp ground black pepper
- 1 Tbsp snipped chives

NUTRITIONALS

Nutritional analysis per serving:
 calories 430, calories from fat 60,
 total fat 7g, saturated fat 4g,
 cholesterol 20mg, sodium 1240mg,
 total carbohydrate 79g,
 dietary fiber 5g, sugars 13g,
 protein 12g, vitamin A 60%,
 vitamin C 130%, calcium 20%,
 iron 30%

DIRECTIONS:

1. Chop the leeks into small pieces, using only white portion. In a 6-quart saucepan over medium heat, melt butter. Add the leeks and salt, then steam for 5 minutes.
2. Decrease the heat to medium-low and cook until the leeks are tender, approximately 15 minutes, stirring occasionally.
3. Add potatoes and vegetable broth; increase heat to medium-high, and bring to a boil. Reduce heat to low, cover, and gently simmer until potatoes are soft, approximately 20 minutes.
4. Turn off heat and puree mixture with an immersion blender until smooth. Stir in the half and half, buttermilk, and pepper. Sprinkle with chives. Serve immediately, or chill and serve cold.

Source: adapted from foodnetwork.com

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 1 lb leeks
- 2 1/2 lb Yukon Gold potatoes
- Green onion
- Fresh parsley

DAIRY:

- Land O Lakes light butter
- 1 cup Land O Lakes fat free half & half
- 1 cup buttermilk

SPICES/SEASONINGS:

- Kosher salt

GROCERY/FROZEN/ MISCELLANEOUS:

- 1 quart vegetable broth

FOLD