

# POTATO-LEEK SOUP

Preparation Time: 35 minutes

Yield: 6 servings

Equally delicious hot or cold, this thick, rich-tasting butter- and oil-free soup is very simple to make. If you prefer, you can omit the milk or substitute soy milk. It will still taste wonderful.

3 medium-sized potatoes  
3 cups cleaned, chopped leeks  
1 medium stalk celery, chopped  
1 large carrot, chopped  
4 cups water  
½ tsp. salt  
1 cup milk (lowfat or soy ok)  
freshly ground black pepper  
OPTIONAL: snippets of fresh herbs  
(thyme, marjoram, basil)

- 1) Scrub the potatoes and cut them into 1-inch chunks. Place them in a soup pot or Dutch oven with the leeks, celery, carrot, water and salt. Bring to a boil, cover and cook until the potatoes are tender (about 20 minutes). Remove from heat and let it cool until it's no longer too hot to purée.
- 2) Purée the soup in a blender or food processor. (You'll probably need to do this in batches.) Return the purée to the pot. Stir in the milk.
- 3) Add black pepper to taste and adjust salt, if necessary. Serve hot or cold, possibly topped with a sprinkling of fresh herbs.