

NCFC'S KIDS CLUB MEAL KIT: RUSTIC LEEK & POTATO SOUP



NELSON
community food centre

RUSTIC LEEK & POTATO SOUP



INGREDIENTS:

- 1 Tbsp oil of choice
- 2 Tbsp butter
- 1 Large leek, chopped finely
- 2-3 Large potatoes, chopped
- 4 cups water/stock
- 1 can coconut milk or 1.5 cup cow's milk
- Salt and pepper to taste
- Optional: green onions or chives, chopped.

INSTRUCTIONS:

- Set a large pot on the stove at medium heat, heat oil and butter until butter begins to foam.
- Add chopped leeks and a pinch of salt and pepper. Cook until leeks begin to soften.
- Add the chopped potatoes, and another pinch of salt and pepper. Place lid on pot and cook for 3-5 minutes at medium low heat, allowing potatoes and leeks to 'sweat' out their flavor.
- Add 4 cups of water or stock, as well as coconut milk or cow's milk. Bring heat up to medium high until boiling, reduce temperature to medium low, and leave lid half on. Cook for 20 minutes, or until potatoes become fork tender, stirring occasionally .
- Optional to top with green onions or herbs. Serve with toast, bannock, or fresh bread! Enjoy!



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