

Leek and Potato Soup



Prep: 20 mins
Cook: 30 minutes
Total: 50 mins
Servings: 12 children

Ingredients

- 1 ½ tablespoons oil
- 1 tablespoon vegan spread
- 1 small onion , diced
- 3 large leeks , cleaned well & thinly sliced
- 5 medium potatoes , peeled and chopped
- 3-4 cloves of garlic , minced
- ½ teaspoon salt
- Fresh ground pepper , to taste
- 1 ½ teaspoons dried thyme
- ½ teaspoon dried rosemary
- 5 cups vegetable stock
- 2 bay leaves
- 1 can coconut milk
- Parsley garnish

Instructions

1. Heat the oil, butter and a pinch of salt in a large pot over medium heat. Add the leeks & onion, sauté until softened, about 5-6 minutes.
2. Add the potatoes, garlic, thyme and rosemary and sauté for 2-3 minutes.
3. Add the vegetable stock, bay leaf, salt, and pepper. Raise heat so it starts to simmer.
4. Reduce heat and simmer for about 15-20 minutes, or until the potatoes are fork tender.
5. Remove from heat and remove bay leaves. Stir in the coconut milk, taste for seasoning and add more to taste.
6. Reserve a few potatoes to add texture, then blend until smooth and creamy.
7. Garnish with parsley