

Potato Leek Soup

Can be made Vegan and Gluten Free, from our very own Andy Lee

- 8-10 medium potatoes, skinned and coarsly chopped
- 4-5 leeks topped, washed and sliced very thin
- 2-3 shallots, washed and chopped in halves
- 4 cups vegetable broth or stock
- celery, washed and cut into small pieces (u-shaped)
- carrots, washed and cut into rounds
- any other veggies you like (if you like a pureed, smooth soup, use veggies that puree well, like zucchini, squash, tomato, and most root veggies)
- 1/2 cup milk (soy or rice are fine to substitute, but avoid any that are sweetened, like vanilla flavored)
- 1 bunch green onion or parsley
- salt and pepper

In a large soup pot, braise the leeks and shallots in a bit of olive oil. Without lowering heat, add broth or stock, potatoes, and veggies. Salt and pepper to taste. Reduce to about 1/2 to 1/3 original volume. Keep an eye on this soup - it will reduce quickly! Stir frequently. When reduced, use an in-pot blender or remove to a mixer/processor and blend smooth. Return to pot and add milk and enough water to almost double volume (from reduced amount, back to about the original amount). Cook for 30-60 min on lower heat. Stir frequently. If you like it chunky, add more potatoes at this stage - usually 2 chopped up fairly small. Re-salt and pepper to taste. You can also spice this up with cayenne pepper, if you like it hotter, or add salsa, or just some hot sauce. Serve hot topped with some fresh green onion or parsley sprinkled on top. (crutons are nice too)

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Shopping List

Recipe Title

Ingredients	Wieght or Volume	PLU #
Carots	1/2 C. or 4 oz	_____
potatoes	2 T.	_____
millet	3 t.	_____
tofu	4 oz	_____
corn kernels	5 lbs	_____
sugar	6 grams	_____
water	7 liters	_____

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