# Leek and potato soup

This leek and potato soup is a delicious chunky soup but could also be blended, if you prefer a smoother texture.

Makes: 3 portions

## Ingredients

- 500g skin-on red or white potatoes, scrubbed
- 3 medium leeks, cleaned
- 3-6 cloves of garlic
- A generous knob of butter or 2 tbps of olive oil.
- 500 ml of veg stock
- Salt and pepper

Optional:

- Pinch of dried chili flakes
- Bay leaves

## Top tips

- Add curly or flat leaf parsley for more colour and nutrients
- You could add some grated Parmesan here too - this along with the butter will make your dish vegetarian not vegan.

## Method

1. Cut the potatoes and leeks into small chunks - about 2cm square.
2. Grate your garlic finely so it looks more like a paste.
3. Over a medium heat warm the oil or butter. When it turns brown, add the garlic and optional chili flakes, being careful not to burn these two as a bitter taste will result.
4. Next, add the potatoes and bay, if you have it, season well. Stir for a minute or so.
5. Then add enough of the stock to cover the potatoes. Get these bubbling away for about 7 minutes so that they are on the way to being cooked. Then stir in your leeks.
6. Add extra seasoning, if needed.
7. Add the rest of the stock and let the leeks and potatoes cook for another 8-10 minutes. (We are looking to retain the green colour of the leek so simmer don't boil.)
8. When potatoes are cooked through, garnish and serve.