

## Potato and Leek Soup

Serves 4

A hearty and filling soup is always a good budget-friendly meal choice.



### Ingredients | Method

1 tbs olive oil  
20g butter  
2 leeks, white part only, washed and sliced  
2 garlic cloves, crushed  
800g potatoes, peeled and chopped  
4 cups chicken stock  
5 sprigs fresh thyme  
¾ cup pure cream  
8 slices white sourdough bread  
180g blue vein cheese (optional)

- 1 Heat oil and butter in a large saucepan over medium heat. Cook leek (reserve some for garnish) and garlic for 8 minutes or until tender. Add potatoes and cook for 5 minutes, stirring often.
- 2 Add stock and 2 cups water and thyme and bring to the boil. Reduce heat to medium-low and cook for 25 minutes or until potatoes are very tender. Remove and discard thyme stalks. Using a stick blender, puree soup until smooth. Stir in ½ cup of the cream. Season and reheat over low heat.
- 3 Meanwhile, heat a chargrill over a high heat. Chargrill bread and spread with cheese. Serve soup swirled with remaining cream and garnished with extra leek.

Recipe courtesy of Australian Red Cross,  
attributed to Woolworths Ltd.

Recipe #35 – courtesy of  
Ulverstone Neighbourhood  
House and Australian Red  
Cross

Ulverstone Neighbourhood House  
brings local people together to  
address what opportunities or  
needs exist in their community.

The Council is partnering with  
the House and the Australian  
Red Cross to deliver the FoodREDi  
food education program on  
Weds from 7 March to 11 April.  
FoodREDi programs aim to create  
an enjoyable experience cooking  
and eating together, and along the  
way gain an understanding of basic  
nutrition, food safety and how to  
eat healthily on a limited budget.

The House regularly receives fruit,  
vegetables and other supplies that  
are provided free of charge or at  
low cost to local residents. Visit  
the Food Shed on Tues and Thurs  
between 3pm and 4pm. Phone  
6425 4186 for more information.



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Open Mon–Fri | 9:30am–4pm  
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ulverstoneighbourhoodhouse/](https://www.facebook.com/ulverstoneighbourhoodhouse/)

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