

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.



8-10 Lugana Crescent, West Ulv.
Ph. 6425 4186
Open Mon–Fri | 9:30am–4pm
[https://www.facebook.com/
ulverstoneighbourhoodhouse/](https://www.facebook.com/ulverstoneighbourhoodhouse/)

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power of
humanity



The Healthy Food Recipes campaign is part of the
Central Coast Local Food Security Strategy
available for download on the Council Facebook and website at
www.centralcoast.tas.gov.au/healthy-food-recipes/
Also see link to Eat Well Tasmania's *What's In Season* guide.

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For more healthy eating, visit www.eatwelltas.org.au