

## **French Leek and Potato Soup**

Arlene Borg - Grammy Guru  
Hometown News

**Servings: 6**

**3 leeks**

**2 medium onions, chopped**

**2 tablespoons butter or butter substitute**

**4 medium potatoes, peeled and sliced**

**5 cups chicken broth or stock**

**1 cup heavy cream OR evaporated skim milk (undiluted) OR fat-free half-and-half**

**salt and white pepper**

**chives (optional), chopped**

Use the white of the leeks and a little of the light green, sliced.

Saute' the onion and leaks in butter (do not brown).

Add a little water if necessary and let it evaporate.

Add the potatoes and broth. Cook until the vegetables are tender. Cool slightly.

Puree' in a blender or food processor.

Return to the pot.

Add the seasonings and cream (or low-fat choice). Heat. Do not boil.

Serve hot or cold and garnish with the chives. (If served cold, add cream after the soup has chilled).

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Per Serving (excluding unknown items): 105 Calories; trace Fat (2.2% calories from fat); 3g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 Grain(Starch); 2 Vegetable.