

# Leek Soup

*What's Cooking II*  
*North American Institute of Modern Cuisine*

## Servings: 6

2 teaspoons butter  
3 leeks, minced  
1 small onion, minced  
2 potatoes, peeled and diced  
1 stalk celery, minced  
2 cups chicken broth  
salt and pepper  
2 cups milk  
parsley, chives or fresh basil, chopped

In a saucepan, melt the butter. Lightly cook the vegetables.

Add the chicken broth. Season to taste with salt and pepper. Bring to a boil. Cover. Over low heat, simmer 15 minutes or until the vegetables are tender.

Meanwhile, in a small saucepan, heat the milk without boiling. Set aside.

With a pestle, mash the vegetables. Fold in the warm milk. Simmer for 10 to 15 minutes.

Sprinkle with chopped parsley. Serve.

*For a variation, replace the milk with tomato juice.*

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Per Serving (excluding unknown items): 141 Calories; 5g Fat (29.0% calories from fat); 6g Protein; 20g Carbohydrate; 2g Dietary Fiber; 15mg Cholesterol; 325mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	141	Vitamin B6 (mg):	.3mg
% Calories from Fat:	29.0%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	54.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	16.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	45mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	15mg	% Refuse:	0.0%

Carbohydrate (g):	20g
Dietary Fiber (g):	2g
Protein (g):	6g
Sodium (mg):	325mg
Potassium (mg):	541mg
Calcium (mg):	136mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	202IU
Vitamin A (r.e.):	48RE

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 141 Calories from Fat: 41

### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	3g	13%
<b>Cholesterol</b>	15mg	5%
<b>Sodium</b>	325mg	14%
<b>Total Carbohydrates</b>	20g	7%
Dietary Fiber	2g	8%
<b>Protein</b>	6g	

<b>Vitamin A</b>	4%
<b>Vitamin C</b>	26%
<b>Calcium</b>	14%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.