

Loaded Potato-Leek Soup

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Servings: 6

Yield: 6 one cup servings

1 medium leek
1 1/2 pounds (two large) potatoes,
peeled and finely chopped
2 cups fresh cauliflower florets
3/4 teaspoon rubbed sage
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups reduced sodium chicken or
vegetable broth
2 teaspoons olive oil
2 teaspoons lemon juice
sour cream (optional)

Preparation Time: 20 minutes

Cook Time: 6 hours

Finely chop the white portion of the leek. Cut the leek greens into thin strips; reserve for topping.

In a three- or four-quart slow cooker, combine the potatoes, cauliflower, sage, salt, pepper, broth and chopped leek. Cook, covered, on LOW for six to eight hours or until the vegetables are tender.

In a small skillet, heat the oil over medium-high heat. Add the reserved leek greens. Cook for 3 to 5 minutes or until light golden. Puree the soup using an immersion blender. Or, cool the soup slightly and puree in batches in a blender. Stir in the lemon juice.

Top the soup with leek greens and if desired, sour cream.

Per Serving (excluding unknown items): 55 Calories; 2g Fat (25.0% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 192mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	55	Vitamin B6 (mg):	.2mg
% Calories from Fat:	25.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	64.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.3%	Riboflavin B2 (mg):	trace

Total Fat (g): 2g
Saturated Fat (g): trace
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 9g
Dietary Fiber (g): 2g
Protein (g): 2g
Sodium (mg): 192mg
Potassium (mg): 296mg
Calcium (mg): 20mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 24mg
Vitamin A (i.u.): 21IU
Vitamin A (r.e.): 2RE

Folacin (mcg): 32mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 55 Calories from Fat: 14

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	192mg	8%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	6%
Protein	2g	
Vitamin A		0%
Vitamin C		40%
Calcium		2%
Iron		4%

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