

THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Recipe

POTATO LEEK SOUP WITH CHEDDAR CHEESE

This is an easy and really tasty smooth, creamy soup. The technique used to make this pureed soup will inspire you to make many others - which are always good to have on hand for a quick but yummy dinner.

INGREDIENTS

Serves 6

- 5 pounds (about 10 -12 medium) potatoes (cut into similar size chunks)
- 2 large leeks (cleaned several times to insure all sand and dirt is gone, dark green parts removed & cut in about ½ inch strips)
- 1 onion (roughly diced)
- ¼ cup olive oil
- 1 cup shredded cheddar
- A heaping teaspoon of chicken or vegetable base (condensed stock i.e. Better than Bouillon)
- ¼ - ½ cup half & half or cashew cream*
- Bacon bits, scallions, sour cream and/or chopped parsley for garnish (optional)

*** To make cashew cream, soak ½ cup of raw cashews in just enough water to cover them for at least 10 minutes. Puree in a food processor or blender until smooth**

INSTRUCTIONS

- Place a large saucepan (4 quarts or more) over low heat and add oil to lightly coat the bottom of the pan. (For richer flavor, add a pat or two of butter - optional)
- Add the onions and leeks. Stir occasionally and cook gently until softened, without allowing them to brown (about 8 - 10 minutes)

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INGREDIENTS cont.

- Add the diced potatoes and enough water to just cover the potatoes. Add a few pinches of salt. Bring to a boil and cook for 30 minutes or until potatoes can easily be split with a fork
- Add to a food processor in batches and puree - or use an immersion blender and puree right in the pot
- Once all the soup is pureed, return it to the stovetop and season with salt and pepper
- Add a bit of chicken or vegetable broth if your soup is too thick (or a tsp of base if you have the consistency you want, but need more flavor)
- Stir in the cheese, keeping your pot at low simmer until cheese is melted
- Add ¼ cup of half & half or cashew cream
- Serve and garnish with bacon bits, scallions or chopped parsley (optional)

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NUTRITION FACTS

Nutrition Facts	
Potato Leek Soup with Cheddar Cheese	
Serving size: 1 portion	
Amount Per Serving	
Calories	204.4
Total Fat	4.8 g
Saturated Fat	2.3 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	2.0 g
Cholesterol	10.0 mg
Sodium	94.0 mg
Potassium	844.2 mg
Total Carbohydrate	35.2 g
Dietary Fiber	5.3 g
Sugars	3.9 g
Protein	6.2 g