

Lunch | Dinner

Potato Leek Soup

20 Mins
Prep Time

50 Mins
Cook Time

4
Servings

235 Calories **4g Fat** **43g Carbs** **5g Protein**



Ingredients

4 Servings **1 hr 10 Mins Total Time** **Allergens: Nuts**

8 Cups Vegetable Stock

6 Russet Potatoes, peeled, **washed** and cut into large pieces

2 Leeks (whites only), thoroughly **washed** and sliced

3 Stalks Celery, **washed** and roughly chopped

1 Bay Leaf

1½ Tsp Dried Thyme

Salt and Pepper, to taste

1 Cup Plain Almond Milk

Allergen Swap

Nuts Replace the almond milk with low-fat milk

Nourishment Note



Soup

If you're experiencing nausea, this soup is a low-fat and mild-tasting recipe that may help you feel better. Enjoy at room temperature if hot foods are bothersome.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Add Ingredients to a Large Pot

Add the vegetable stock, potatoes, leeks, celery, bay leaf, thyme, salt and pepper to large pot. Boil until the potatoes are soft, about 15-20 minutes.

3. Blend

Remove the bay leaf. Using an immersion blender (a blender or food processor can also work) blend the soup until smooth. Return the soup to stove. Add the almond milk and simmer until the soup has thickened, about 20 minutes.

7. Clean Up

Wash hands with soap and water.

Recipe adapted from [The Food Network](#)

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Measuring Spoon



Measuring Cups



Large Pot with Lid



Wooden Spoon



Immersion Blender, Blender or Food Processor

Fatigue Buster

- Prep the leeks and celery up to a day in advance.
- Ask a friend or family member to help you prepare this soup.