

Leek, Potato & Greens Soup

Bialik College Kitchen Garden Program



Ingredients:

- 2 carrots, diced
- 2 sticks celery, diced
- 1 onion, finely chopped
- 2 leeks, cut lengthways, washed & cut into 1cm dice
- 2 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 350g, assorted greens from the garden, stems removed and leaves shredded
- 2 litres vegetable stock
- salt/pepper

Equipment:

- chopping board
- knife
- peeler
- large saucepan
- hand blender

Method:

1. Place a large saucepan on medium heat, add 2 tablespoons of olive oil.
2. Add carrots, celery, onion and leeks. Cook for 10-15 minutes or until carrots have softened and veggies are lightly golden.
3. Add garlic and fry for a few minutes.
4. Lastly add potatoes, greens and stock. Bring to the boil. Reduce heat and simmer for 10 minutes with the lid on.
5. Remove from heat, season to taste and smooth soup using a hand blender.