

Leek, Potato & Greens Soup

Bialik College Kitchen Garden Program



Ingredients:

- 400g potatoes, peeled & diced
- 2 carrots, peeled & diced
- 2 sticks celery, diced
- 1 brown onion, finely diced
- 2 leeks, cut lengthways, washed & cut into 1cm dice
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 350g assorted greens from the garden, stems removed and leaves shredded
- 2 litres vegetable stock
- salt/pepper, to taste

Equipment:

- chopping board
- cook's knife
- vegetable peeler
- large saucepan
- hand blender

Method:

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

***Adult supervisor must operate hand blender.**