Potato-Leek Soup with Bacon

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Servings: 6

3 large (2 cups) leeks (white part only), coarsely chopped

- 3 cloves garlic, coarsely chopped
- 1/2 teaspoon fresh thyme
- 2 pounds gold potatoes
- 3 slices smoked bacon, chopped
- 1 tablespoon olive oil
- 4 cups unsalted chicken stock (or broth)
- 1 teaspoon Kosher salt
- 1/4 teaspoon pepper
- 2 tablespoons fresh chives, finely chopped
- 1/2 cup plain non-fat Greek yogurt

Preparation Time: 25 minutes

Chop the well-rinsed leeks. Chop the garlic and thyme. Peel the potatoes and cut into 1/2-inch cubes.

Preheat a large stockpot on medium-low for 2 to 3 minutes. Cut the bacon into pieces. Place the oil in the pot. Add the bacon. Cook and stir for 4 to 5 minutes or until crisp. Remove the bacon from the pot.

Place the leeks and garlic in the same pot. Cook and stir for 6 to 7 minutes or until tender (do not brown).

Stir in the stock, salt, pepper, potatoes and thyme. Bring to a boil. Reduce the heat to low. Simmer for 20 minutes or until the potatoes are tender when pierced with a fork.

Remove the pot from the heat. Puree' the soup with a stick blender. (You can use an electric blender. Let the soup cool for 5 to 8 minutes, then puree' in batches until smooth.)

Chop the chives. Stir the yogurt into the soup. Top each serving with bacon and chives.

Serve warm or chill before serving.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 23 Calories; 2g Fat (87.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 314mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Day Camina Mutritional Analysis

% Calories from Fat: % Calories from Carbohydrates: 10.5% % Calories from Carbohydrates: 10.5% % Calories from Protein: 2.4% Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g): Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Calcium (mg): 10m Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Caffeine (mg): Alcohol (kcal): Pofuso: Ord Food Exchanges Grain (Starch): Lean Meat: Vegetable: Potassium (mg): Calcium (mg): 4mg Non-Fat Milk:				
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	Vitamin A (r.e.):	4 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving				
Calories 23	Calories from Fat: 20			
	% Daily Values*			
Total Fat 2g Saturated Fat trace Cholesterol 0mg Sodium 314mg Total Carbohydrates 1g Dietary Fiber trace Protein trace	3% 2% 0% 13% 0% 0%			
Vitamin A Vitamin C Calcium Iron	1% 2% 0% 0%			

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