

Potato-Leek Soup with Bacon

Publix Aprons
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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

Per Serving Nutritional Analysis

Calories (kcal):	23
% Calories from Fat:	87.2%
% Calories from Carbohydrates:	10.5%
% Calories from Protein:	2.4%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	314mg
Potassium (mg):	10mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	47IU
Vitamin A (r.e.):	4 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	23	Calories from Fat: 20
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	314mg	13%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	1%
Vitamin C	2%
Calcium	0%
Iron	0%

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