

Potato-Leek Soup

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Servings: 6

2 tablespoons olive oil
1 pound leeks, sliced
1 onion, chopped
2 pounds potatoes, peeled and cut into one-inch pieces
7 cups water
2 cubes chicken bouillon
3/4 teaspoon salt
3/4 teaspoon black pepper
1/8 teaspoon ground nutmeg
1/2 cup sour cream
chives (for garnish)

In a large nonstick pot, heat the olive oil. Add the leeks and onion. Cook on medium heat for 10 minutes, stirring occasionally.

Add the potatoes. Stir in the water, bouillon cubes, salt, pepper and nutmeg. Simmer, covered, over medium heat for 40 minutes, stirring occasionally.

Puree in batches.

Blend one cup of the soup with the sour cream. Add back to the remaining soup.

Garnish with chives.

Per Serving (excluding unknown items): 236 Calories; 9g Fat (34.1% calories from fat); 5g Protein; 35g Carbohydrate; 3g Dietary Fiber; 9mg Cholesterol; 796mg Sodium. Exchanges: 2 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	236	Vitamin B6 (mg):	.5mg
% Calories from Fat:	34.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	57.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	47mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	9mg	% Refuse:	0.00%

Carbohydrate (g):	35g
Dietary Fiber (g):	3g
Protein (g):	5g
Sodium (mg):	796mg
Potassium (mg):	950mg
Calcium (mg):	70mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	35mg
Vitamin A (i.u.):	197IU
Vitamin A (r.e.):	53RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 236 Calories from Fat: 80

% Daily Values*

Total Fat	9g	14%
Saturated Fat	3g	16%
Cholesterol	9mg	3%
Sodium	796mg	33%
Total Carbohydrates	35g	12%
Dietary Fiber	3g	14%
Protein	5g	

Vitamin A	4%
Vitamin C	59%
Calcium	7%
Iron	11%

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