



Potato Leek Soup

INGREDIENTS:

1 white or yellow onion, coarsely chopped
4 leeks, white portion only
2 stalks celery, chunky cut
4 medium russet potatoes, peeled and chunky cut
2 bay leaves
1 quart low sodium chicken stock
8 ounces fat free cream cheese
3 cups skim milk
1 teaspoon fresh thyme
1 tablespoon sea salt
Pinch of white pepper
1 cup fat free half and half
3 tablespoons sherry (optional)
Garnish: Scallions and fat free sour cream

PREPARATION:

- Lightly spray-oil and heat a large heavy bottom soup pot to medium high
- Add onion, leeks and celery and stir fry until translucent. Careful not to brown the vegetables
- Add potatoes, chicken stock and bay leaves and bring to a simmer
- Cook 20-30 minutes or until potatoes are very tender and breaking apart
- Let mixture cool, remove bay leaves and blend in small batches, adding cream cheese and skim milk. Puree until soup is smooth
- Return pureed mixture to the soup pot and stir in thyme, salt, pepper and half and half
- Adjust thickness with more milk as needed

Yield: 16 cups

Serving Size: 1 cup

Calories: 130

Fat Grams: trace

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