

# Creamless Herbed Potato Leek Soup

**SERVINGS:** 6

**READY IN:** 45-50 minutes

**INGREDIENTS:**

- 2 garlic cloves, minced
- 3 tablespoons olive oil
- 2 medium leeks (use white and light green parts only) thinly sliced
- 2 lbs. potatoes cubed 1/2 inch (peeled or with skin on)
- 6 cups low-sodium chicken broth
- 1 bay leaf
- 1 teaspoon dried basil
- 1 teaspoon tarragon
- 1 to 2 tablespoons fresh lemon juice
- Salt and freshly ground pepper to taste
- 1/4 cup chopped parsley, to garnish

**INSTRUCTIONS:**

**Prep:** Leeks, start by removing and discarding the root ends and thick dark green parts. Cut the leeks in half lengthwise and rinse each half under cold water, pulling apart the layers to remove any sand or debris nestled inside. Thinly slice the leeks. Should yield 4 – 5 cups. Cut potatoes into 1/2-inch cubes. Feel free to peel the potatoes or leave the skin on (skin adds more nutrition).

**Sauté:** In a large Dutch oven or pot, heat the oil over medium heat. Add the leeks and cook, stirring frequently, until soft and wilted, about 10 minutes. Some broth can be added at this time to keep the leeks from browning. Add the garlic and cook for one additional minute.

**Simmer:** Add the potatoes, broth, bay leaves, herbs, and salt to pot and bring to a boil. Reduce heat, cover and simmer on low for 15 minutes, or until the potatoes are fork tender.

**Puree:** Remove the bay leaves, and puree the soup using a hand-held immersion blender until smooth. Alternatively, use a regular blender to puree the soup in batches. Taste for seasoning.

**Off heat:** Stir in lemon juice and garnish with parsley

**Store:** Soup can be kept in the refrigerator for up to 1 week in an airtight container. It's also freezer friendly and can be stored in the freezer for up to 3 months. Defrost the soup in the refrigerator for 12 hours or so and reheat on the stovetop over medium heat until warm.