

KRONIK WARRIOR WELLNESS



NEW RECIPE

Easy Leek & Potato Soup



kronikwarrioruk.org/recipes

Ingredients (Serves 6)

- 450g potatoes
- 450g frozen leeks
- One small onion
- 200g celery
- Three garlic cloves
- Two pints vegetable stock
- 50g butter or vegetarian or vegan alternative
- One tablespoon whole grain mustard optional
- Salt and pepper to taste



Method

Dice the potatoes celery onion and garlic.

Add the butter to a hot pan and allow it to melt. Once the butter starts to foam add the potatoes celery onion and garlic. Sweat gently for around ten minutes stirring occasionally.

Stir in the frozen leeks and pour in the vegetable stock. Season with salt and pepper and add the whole grain mustard if using.

Cover and simmer for twenty minutes until everything is soft and cooked through.

Allow the soup to cool slightly then blend until smooth.



SERVE

SERVE WARM AND ENJOY.

OUR SOUP IS GARNISHED WITH A SMALL HANDFUL OF MICRO SHOOTS BUT THIS IS COMPLETELY OPTIONAL.

SIMPLE COMFORTING AND FULL OF FLAVOUR PERFECT FOR LOW ENERGY DAYS OR COSY EVENINGS.

