

FARMS



*Focus on Agriculture  
in Rural Maine Schools*

## Potato Leek Soup Serves 4-6

### Ingredients

- 3 large leeks
- 2 Tbsp butter or olive oil
- 4 cups vegetable broth
- 2 # potatoes (Yukon gold or Russet), peeled, diced into  $\frac{1}{2}$  inch pieces
- 1 tsp salt plus more to taste
- pinch of dried marjoram
- 1 or 2 sprigs of fresh thyme, or  $\frac{1}{2}$  tsp dried thyme
- 1 bay leaf
- $\frac{1}{4}$  cup chopped fresh parsley
- sprinkle of Tabasco sauce or other red chili sauce
- white or black pepper to taste

### Directions

- Clean the leeks. Cut them lengthwise, fan them open under running water to dislodge any dirt or mud hiding inside.
- Cut off the tough dark green tops and discard. Slice the leeks crosswise into 1/4-inch thick slices.
- Heat  $\frac{1}{4}$  olive oil or butter on medium heat in a 3 to 4 quart thick-bottomed pot. Add the leeks. Stir to coat. Cover the pot and lower the heat to low, cook for 10 minutes until the leeks are softened. Check to make sure the leeks are not browning.
- Add the broth, diced potatoes, bay leaf, marjoram, thyme and salt. Increase the heat to high to bring to a simmer, then lower the heat to maintain a low simmer, and cook for 20 minutes, until the potatoes are cooked through.
- Remove and discard the bay leaf and thyme sprig.
- Use an immersion blender or standing blender to make the soup smooth. Or blend only partially for a chunky soup.
- Add parsley and cook a few more minutes.
- Add a few dashes of Tabasco to taste.
- Add freshly ground pepper and more salt to taste.
- Garnish and serve.

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