

## POTATO LEEK SOUP



### INGREDIENTS:

- 2 Tablespoons vegetable oil
- White stalks of 2 medium leeks, halved and cut into ¼-inch slices
- 4 cups vegetable broth
- 2 potatoes, cut into ½-inch cubes
- 1 carrot, diced
- Juice of 1 lemon
- 1 teaspoon salt
- Fresh ground black pepper, to taste

### INSTRUCTIONS:

1. Heat the oil in a pot over medium-high heat.
2. Add the leeks and sauté 3-5 minutes, or until the leeks soften quite a bit and just begin to brown.
3. Add the broth and bring to a boil.
4. Add the potatoes, carrot, and ½ teaspoon of the salt, reduce to a simmer, cover and cook for about 40 minutes, or until the potatoes are tender. Turn off the heat.
5. Using a potato masher, mash the potatoes and carrot in the broth until desired consistency.
6. Taste and season with pepper and the other ½ teaspoon of salt if needed.
7. Add fresh lemon juice to taste just before serving.
8. Eat and enjoy!

**Yield:** 4-5 servings

**Source:** Adapted from [godairyfree.com](http://godairyfree.com)

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*The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit [benefitscal.com](http://benefitscal.com).*

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