



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

# ECO-JOURNAL

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## Recipe for the month of February

Warm up with our nourishing Potato Leek Soup! Dive into a comforting bowl of flavor that not only delights your taste buds but also prioritizes your health during the winter season.





## Potato Leek Soup

- 3 tablespoons salted butter (or olive oil)
- 2 large or 4 small leeks (4 cups thinly sliced), white and light green parts
- 3 celery ribs
- 3 garlic cloves, minced
- 2 pounds russet potatoes, peeled and small diced (5 cups diced)
- 4 cups vegetable broth
- 1 cup water
- 3 sprigs fresh thyme (or make a bouquet garni)
- 1 bay leaf
- 1 ¼ teaspoons kosher salt
- ½ cup heavy cream
- Chives, for garnish

### Preparation:

1. In a large pot, melt the butter over medium heat. Add the leeks, celery and garlic and cook, stirring occasionally, for 7 to 8 minutes until the leeks are very tender but not browned.
2. Add the chopped potato, vegetable broth, water, fresh thyme, bay leaf, and salt and bring to a simmer. Simmer for 20 minutes until the potatoes are tender. Remove the thyme and bay leaf.
3. Transfer to a blender and blend until smooth. Add the cream and blend again. Taste and adjust seasonings as desired.

**Source:** <https://www.acouplecooks.com/potato-leek-soup/>