

Mixer's leek and potato soup



Leeks are in the same family as onion and garlic. They are a good source of fibre. Try this tasty soup with a slice of soda bread. Find out how to make it at: www.greatgrubclub.com



Equipment: • tablespoon • large and small pans
• wooden spoon • hand blender • soup bowl

Ingredients (serves 4): • 1 onion • 1 potato
• 2 medium leeks • 1 tablespoon vegetable oil
• pinch black pepper • 400ml water
• 1 reduced-salt vegetable stock cube
• 125ml semi-skimmed milk • pinch dried chives
• 1 tablespoon low-fat natural yoghurt
• 2 slices bread



Ask an adult to help you chop all the vegetables then heat the oil in a large pan. Cook the onion for a minute. Then add the potato and leeks and stir over a gentle heat for 5 minutes. Add the pepper.



In the small saucepan make the vegetable stock by boiling the water and adding the vegetable stock cube.



Add the stock and milk to the large pan and stir. Cover and leave to simmer for about 30 minutes, or until the vegetables are soft. Add the chives.



Leave it to cool down a little. Ask an adult to help you blend the soup with the hand blender and put it in soup bowls.



Finally turn your soup into a smiley rabbit by drawing eyes, a nose and mouth with yoghurt and adding two slices of bread to make the ears. Enjoy your tasty soup!