

Leek and Some Other Vegetable Soup

recipe: a recipe from Rosie Beaucoup

- four leeks, diced
- two onions, diced or sliced
- two potatoes, peeled and diced
- broccoli (small to medium head) **OR** four large carrots + one large tart apple **OR** one smallish squash + one large tart apple
- 5 cups chicken broth
- 1/3 to 1/2 cup white wine
- salt and pepper to taste
- two cups cream **OR** even better: one can Carnation fat-free evaporated skim milk

Slice or dice the onions and leeks. Saute in olive oil or butter until soft but not too brown. Throw in your veggies of choice (options listed above) and diced potato. Cover with chicken broth. Add about a teaspoon of salt and 1/4 teaspoon salt (more or less to taste). Add wine. Cover and cook until veggies are done – usually about 20 minutes. Cool slightly. Blend the soup to a smooth creamy texture. Stir in the cream and simmer for about 30 minutes.

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