RECIPE

Chunky leek and potato soup with white beans

A lunch soup of leeks and scrubbed potatoes, with white beans blended in for a creamy body instead of milk or butter, about 400 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

55 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 4 medium leeks (white and light green parts, about 89 g each), halved lengthwise, washed and sliced
- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried thyme
- [ ] 3 medium white potatoes (about 213 g each), scrubbed, skins on, cut in ¾-inch cubes
- [ ] 3 cups low-sodium chicken broth
- [ ] 1 cup water
- [ ] 1 cup no-salt-added white beans, drained and rinsed (about two-thirds of a 15 oz can)
- [ ] ½ tsp salt
- [ ] ½ tsp black pepper
- [ ] 1 tbsp lemon juice

Method

1. Put the oil, leeks and ⅛ teaspoon of the salt in a big pot over medium-low heat, with the lid on. Let the leeks steam in their own juice for 10 minutes, stirring twice, until they are limp and pale. They should not brown.

2. Stir in the garlic powder and thyme for 30 seconds. Add the potatoes, the broth and 1 cup of water. Turn the heat up until it boils, then turn it down to a steady simmer with the lid cracked.

3. At 5,430 ft water boils near 203 °F (CSU Extension, High Altitude Food Preparation), so give the potatoes about 25 minutes instead of 20; the house extends the simmer time to vegetables (our kitchen practice). They are done when a cube mashes against the side of the pot with no resistance.

4. Ladle about two-thirds of the soup into a blender, add the beans, and blend until smooth, in two batches with the lid vented and a towel over it so the steam can get out. Pour it back into the pot with the chunky third.

5. Stir in the other ⅜ teaspoon of salt, the pepper and the lemon juice. Heat to a boil, stirring. Taste, and add a little more lemon before reaching for salt.

6. Cool leftovers in shallow containers within 2 hours (1 hour if the kitchen is above 90 °F), then refrigerate. Reheat to a boil, stirring, or to 165 °F.