



**Many Hands Organic Farm and
Sustainability Center**
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Potato Leek soup

Serves 6-8

Ingredients:

- 1 ½ Tbs butter
- 1 small onion, chopped
- 2 large leeks, chopped
- 3 cloves garlic, chopped
- 2 lbs potatoes, peeled and chopped
- 1 quart stock or broth of choice
- 1 tsp salt
- 1 tsp dried thyme
- Powdered kelp for serving, if desired

Directions:

1. Melt the butter in a medium stock pot and add onions, garlic and leeks. Cook over medium heat until softened, but not browned, about 10 minutes.
2. Add the stock, potatoes, thyme and salt. Bring to a boil, then cover and turn the heat down to simmer for about 15 minutes or until the potatoes are soft.
3. Puree the soup with an immersion blender until smooth.
4. Serve immediately and garnish with kelp.