

# Cookmore Classes

Managed by The Lanarkshire Community Food and Health Partnership, which is a registered charity supporting communities across north Lanarkshire to improve their health through better access to affordable healthy food.



*Leek, Carrot  
and Potato soup*  
*Serves 4*



## Leek, Carrot and Potato soup

### What you will need:

- 1litre chicken or vegetable stock (made from water and stock concentrate)
- 2 cloves of garlic
- 3 carrots
- 1 large leek
- 1 onion, diced
- 1lb/500g of potatoes
- Parsley, chopped

- ❖ Chopping board
- ❖ A sharp knife
- ❖ A large pot
- ❖ Ladel

## Method

1. Peel and dice the potatoes and the onion.
2. Chop the leek finely and wash thoroughly.
3. Wash and peel the carrot then grate into a bowl.
4. Place a pot of water on the heat and bring to the boil. Add all the vegetables and the garlic
5. Add the chicken or vegetable stock and season with a little pepper. Simmer for 30 minutes to allow the potatoes to become soft.
6. Blend with a hand blender for a smooth texture.