

Creamy Potato Leek Soup

 Cooking time: 45 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetables

NSLP: 3/8 cup Starchy Vegetable, 1/8 cup Other Vegetables

SFSP: ½ cup Vegetables

Ingredients	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Fresh leeks	1 pound (EP)		2 pounds (EP)	
Butter	1 ounce	2 Tablespoons	2 ounces	¼ cup
Russet potatoes, skin on, ½ inch dice	1 pound 12 ounces	1 quart + 1 cup	3 pounds 8 ounces	2 quarts + 2 cups
Black pepper		½ teaspoon		1 teaspoon
Garlic powder		½ teaspoon		1 teaspoon
Chicken broth		1 quart + 2 cups		3 quarts
Low-fat 1% milk		1 cup		2 cups



Directions

1. Trim the roots and dark green end of the stalk off of the leeks, leaving the light green and white. Cut leeks in half lengthwise and wash thoroughly. Cut each half leek stalk in half again, lengthwise. Cut across the stalks into ¾ inch wide pieces.
2. Heat a 2-gallon stock pot or steam jacketed kettle over medium heat. Add the butter and let it melt. Add the leeks and stir. Cover the kettle and continue to cook over medium heat until the leeks have softened, about 3 minutes.
3. Add the potatoes, black pepper, garlic powder and chicken broth to the kettle. Increase the heat to medium high and bring the soup to a low boil, then reduce heat to a simmer. Cover the kettle and continue to simmer for about 25–30 minutes, or until the potatoes are tender but still hold their shape. Break up some of the potatoes using a potato masher, whisk or the back of a large spoon. Stir in the milk just before serving and bring to a simmer.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions.

Serving	Yield	Volume
1 cup	10 Servings: about 5 pounds 20 Servings: about 10 pounds	10 Servings: about 2 quarts 1 pint 20 Servings: about 1 gallon 1 quart

Nutrients Per Serving					
Calories	131	Sodium	494 mg	Vitamin A	878 IU
Total Fat	3.3 g	Carbohydrate	22 g	Vitamin C	10 mg
Saturated Fat	1.6 g	Dietary Fiber	2 g	Iron	2 mg
Cholesterol	9 mg	Protein	3 g	Calcium	74 mg

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