

Creamy Potato Leek Soup

 Cooking time: 45 minutes

HACCP Process #2 Same Day Service



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

1 Serving Provides:

CACFP: 1/2 cup Vegetables

SFSP: 1/2 cup Vegetables

Ingredients	40 Servings		80 Servings	
	Weight	Measure	Weight	Measure
Fresh leeks	4 pounds (EP)		8 pounds (EP)	
Butter	4 ounces	1/2 cup	8 ounces	1 cup
Russet potatoes, skin on, 1/2 inch dice	7 pounds	1 gallon + 1 quart	14 pounds	2 gallons + 2 quarts
Black pepper		2 teaspoons		1 Tablespoon + 1 teaspoon
Garlic powder		2 teaspoons		1 Tablespoon + 1 teaspoon
Chicken broth		1 gallon + 2 quarts		3 gallons
Low-fat 1% milk		1 quart		2 quarts



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 3/4 inch wide pieces.
2. Heat a large 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 5–7 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 30–45 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	40 Servings: about 20 pounds 80 Servings: about 40 pounds	40 Servings: about 2 gallons 2 quarts 80 Servings: about 5 gallons

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.