

Potato, leek, bacon & bean soup



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Preparation: about 25 minutes
Cooking: about 45 minutes
Serves: 4–6

If liked, cook a little extra chopped bacon to sprinkle on soup to serve.

2 tbs olive oil
2 medium leeks, trimmed, halved lengthways and thinly sliced
175g rindless shortcut bacon, roughly chopped
2 garlic cloves, finely chopped
600g Desiree potatoes, peeled and diced
400g can cannellini beans, drained and rinsed
4 cups chicken stock
½ cup reduced fat cream
Toasted wholegrain bread, to serve

1. Heat oil in a large saucepan over medium heat. Add leeks, bacon and garlic and cook, stirring often, for 5 minutes until leeks are tender. Add potatoes and cook, stirring often, for 5 minutes.
2. Stir in cannellini beans and stock. Cover and bring to the boil. Reduce heat and simmer, partially covered and stirring occasionally, for 20-25 minutes until potatoes are tender.
3. Using a hand blender, blend soup until smooth. Stir in cream. Heat soup over low heat until hot. Spoon into serving cups or bowls and serve with toasted wholegrain bread.



Potatoes

- A reliable source of vitamin C, the vitamin that helps protect the body against infection. Cooking potatoes in their skins helps stop the vitamin C escaping.
- The skin and the flesh of potatoes provide dietary fibre that helps prevent constipation.

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