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by Liz Robb

Carrot, leek and potato soup



Ingredients

1 large or 2 small leeks, washed thoroughly and sliced thinly
1 garlic clove
2 teaspoons oil
750ml vegetable stock
2 bay leaves
1 level teaspoon ground cumin
1 medium to large potato, diced small
2-3 carrots, diced small
400g tin chopped tomatoes
Salt and freshly ground black pepper
Small bunch of parsley, chopped

Servings

3

Person

Preparation

- 1 1. Soften the sliced leek gently in the heated oil in a large saucepan for 2 minutes. Crush the garlic, add and cook for another minute.
- 2 2. Stir in the stock, bay leaves and cumin. Season well with salt and black pepper.
- 3 3. Bring to the boil and add the potato, stirring constantly. Then add the carrot. Reduce to a simmer and cook for 15-20 minutes or until the vegetables are cooked but still intact.
- 4 4. Stir in the chopped tomatoes and simmer for a few more minutes. Take out the bay leaves and check the seasoning.
- 5 5. Ladle into bowls and serve immediately once sprinkled with parsley.

Cooks Note

Serves 3-4

This is a chunky and filling soup which makes a great lunch or simple supper; even better served with fresh crusty bread!