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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!