

# LEEK & POTATO SOUP

Serves 3-4

## Ingredients

- Large knob of low calorie spread
- 2 leeks sliced
- 3 medium sized potatoes, cut into bite size
- 1 litre of stock
- 1 tablespoon chives or parsley
- Salt and pepper to taste

## Method

1. Heat the spread slowly until melted
2. Add the leeks and stir until covered with the spread and allow to cook for a few minutes on a low heat
3. Add the potatoes and stir well into the leeks
4. Add the stock
5. Bring to the boil and simmer for 20 minutes
6. Season and add herbs to taste

