

# Leek bacon and potato soup

Recipe from Churchlands Primary School

Traffic light category: **Green**

Serves: 17 (250mL serve)

## Ingredients

- 2 leeks, washed, thinly sliced
- 8 rashers lean bacon, trimmed and diced
- 2kg potatoes, peeled and diced
- 2 litres salt reduced chicken or vegetable stock
- 300g light sour cream
- 1 small bunch chives, finely chopped

## Method

1. Place large pot over medium heat, add bacon, cook for 1 minute
2. Add leeks, cook until leeks are tender
3. Add potatoes and stock and bring to boil
3. Simmer for 30 minutes, remove from heat and allow to cool slightly
4. Pour into a blender or use a stick blender to puree
5. Top with a tablespoon of light sour cream and a teaspoon of chopped chives to serve.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	493kJ	189kJ
Protein	7.59g	2.92g
Total fat	2.07g	0.80g
Saturated fat	0.66g	0.26g
Carbohydrate	15.75g	6.05g
Sugars	1.62g	0.62g
Dietary fibre	2.31g	0.89g
Sodium	598mg	230.mg



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