

Potato/Leek Soup

A lovely rich potato/leek soup will carry you through this cold winter evening. The soup is made with creamy golden potatoes combined with chopped leeks. It's seasoned with fresh dill and smoky tempeh, while getting an extra ping from plain yogurt swirled into each bowl.

The preparation time of 2-1/2 hours will allow time to let the soup rest before dining.

Preparation time: 2-1/2 hours - Servings: 4-6

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients before you start. Making soup's a breeze when you're well organized. A note about cooking with leeks. Clean them carefully as they retain soil from the garden. I split them lengthwise and wash them under running water separating layers as I go. Prep 3 garlic cloves today: 1 whole, peeled clove for the dressing and 2 chopped cloves for the soup.

Potato/Leek Soup

- 2 tsp. olive oil
- 1 C. celery (chopped)
- 3 large leeks (white bulb and green stems chopped)
- 4 golden potatoes (scrubbed and diced into 1" pieces)
- 2 cloves garlic (smashed and chopped)
- 1 C. red bell pepper (chopped)
- 1 bay leaf
- 2 dashes Tabasco sauce
- 1 C. frozen corn
- 1 C. white cooking wine
- 1 cube Not Chick'n bouillon (make during prep) dissolved in
- 2 C. boiling water
- 3 C. low-sodium vegetable broth
- 1 C. nonfat milk
- 1 T. butter
- 4 pieces smoky tempeh
- 1/4 C. flour shaken smooth with
- 2/3 C. nonfat milk
- 1/4 C. fresh chopped dill leaves

Salad and Creamy Dill Dressing

Fixings for a green salad

Creamy Dill Dressing

- 1 peeled, whole garlic clove
- 2 sprigs fresh dill weed (about 3" long - large thick stems discarded)
- pinch of salt
- 2 T. rice wine vinegar
- 3 T. olive oil
- 2/3 C. nonfat yogurt

Additional Items

- 1 loaf of good Artisan Bread
- 3/4 C. plain, nonfat yogurt

Preheat oven to 400°
and brown tempeh

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

A note about browning tempeh: lay tempeh slices on a foil covered cookie sheet and brown them 5 minutes per side in a 400° oven. Chop 4 slices for this recipe. If cooking a whole package, store leftovers in a sealable bag in the fridge.

Potato/Leek Soup

1. Sauté celery and leeks in oil in bottom of soup kettle over medium-high heat until white portion of leeks start to become translucent.
2. Add diced potatoes, garlic, red bell pepper, bay leaf, Tabasco, frozen corn, white wine, bouillon and low-sodium vegetable broth to same kettle. Bring to boil over high heat. Reduce heat to low, cover and cook 20 minutes.
3. Add milk, butter and chopped smoky tempeh. Increase heat and return to boil.
4. Thicken with flour/milk roux by slowly pouring flour mixture into boiling soup while stirring. Cook 10 minutes over low heat stirring occasionally. Add dill, turn off heat and leave on burner. Rest the soup for 1 hour.

Green Salad and Dressing

Make green salads on individual salad plates.

Creamy Dill Dressing:

Blend all ingredients in food processor. Pour into serving container.

Makes about 1-1/4 Cups

Additional Items and Serve

1. Wrap bread in foil and place in 200° oven.
2. Reheat soup. You can choose to either add the yogurt to the entire pot of soup, or serve the individual bowls with 3 tablespoons of yogurt swirled on top. (I like the look of the swirl in individual bowls.)
3. Either way, ladle 2 C. soup per serving into bowls.
4. Serve with salad and warm bread on the side.

What I've Learned from this Recipe

I don't puree this soup in the final stages of preparation. It's a nice soup to enjoy with bits of vegetable and potato in each bite.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com