POTATO LEEK SOUP

INGREDIENTS:

1	White or yellow onion, coarsely chopped
4	Leeks, white portion only
2	Stalks celery, chunky cut
4	Medium russet potatoes, peeled & chunky cut
2	Bay leaves
1 qt.	Chicken stock, low sodium
8 oz.	Cream cheese, fat free
3 cups	Skim milk
1 tsp.	Thyme, fresh
1 tbsp.	Sea salt
Pinch	White pepper
1 cup	Fat free half and half
3 tbsp.	Sherry (optional)
Garnish	Scallions and fat free sour cream

METHOD:

- Lightly spray-oil and heat a large heavy bottom soup pot to medium high.
- Add onion, leeks and celery and stir fry until translucent. Careful not to brown the vegetables.
- Add potatoes, chicken stock and bay leaves and bring to a simmer.
- Cook 20-30 minutes or until potatoes are very tender and breaking apart.
- Let mixture cool, remove bay leaves and blend in small batches, adding cream cheese and skim milk. Puree until soup is smooth.
- Return pureed mixture to the soup pot and stir in thyme, salt, pepper and half and half.
- Adjust thickness with more milk as needed.

Serves: 16

Serving size: 1 cup

Calories: 130

Fat: Trace