

Vegan Leek and Potato Soup

Serves 8

400g leeks
3 cloves garlic
400g potatoes
30g dairy-free margarine
2 heaped teaspoons vegetable stock powder(to taste)
250 - 350ml soya milk
Vegan cream cheese (optional)
Pepper (to taste)



1. Trim the very top off the leeks and cut down the centre lengthways. Run under cold water, opening up the layers to wash out the mud.
2. Chop the leek into small dice, pour into a colander and wash again. Leave to drain.
3. Peel and cut the potatoes into a small dice.
4. Peel and crush the garlic.
5. Melt the margarine in a large saucepan on a medium heat. Add the vegetables, stir and place on the lid.
6. Stir after 2 minutes. If the vegetables are browning at the base, turn the heat down a little. Cook for 10 minutes. The vegetables should be softened but not browned.
7. Add 1 litre vegetable stock or 2 teaspoons vegetable stock powder and 1 litre water. Put the lid on and bring to the boil. Turn down and simmer for 20 minutes. Add ½ teaspoon pepper or to taste.
8. After 20 minutes, check the potatoes are soft. If so, blitz with a hand blender until smooth. If the soup is too thick, add more water a little at a time. Bring back to the boil. Check seasoning.
9. Before serving, add 250ml soya milk. Bring just back to the boil before serving. Be careful not to overboil or the soya milk may curdle.