

Leek and Potato Soup

Prep: 10 mins • Cook: 25 mins • Serves: 6

A low potassium leek and potato soup which makes a balanced meal served with a wholemeal bread roll. If you are monitoring the amount of fluid you are having, each portion of soup will contribute approximately 200ml.

Ingredients

1 tablespoon vegetable oil
1 onion
2 potatoes (approx. 225g)
2 leeks (approx. 320g)
2 low salt vegetable stock cubes

1200ml water
150g half fat crème fraiche
Black pepper

To serve:

6 wholemeal bread rolls
Low fat spread

Everyday dish

Vegetarian

| | | | |
|-----|---------------|---------|-------------|
| ✓ | Low phosphate | ✓ | Low protein |
| ✓ | Low potassium | | Low salt |
| 39g | Carbohydrate | 244Kcal | Energy |

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.



Carbohydrate The main source of carbohydrate is the potato and wholemeal bread roll. The carbohydrate values have been provided for those trained in insulin adjustment.

Phosphate/ potassium This dish is low in both potassium and phosphate. Boiling the potatoes and leeks before cooking helps to reduce their potassium content but the water must be discarded. Use fresh water to make up the stock if using a stock cube.

If you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein This soup is low in protein and therefore suitable for somebody who is not on dialysis.

Special diets

Gluten free: Use a gluten stock and gluten free bread roll.

Vegan: Choose a dairy free crème fraiche or cream.

Healthier option There is no added salt in this recipe but using vegetable stock cubes in this dish does contribute a small amount of salt, which makes it slightly above the range to be classified a low salt dish. Check the nutritional information and choose the ones with the lowest salt content or make your own. See our recipe for low salt vegetable stock.

If want to reduce the amount of fat you eat, you can serve with the bread roll, omitting the low fat spread.

Cheaper option This is already a relatively low cost dish and can be made in large batches and frozen in individual portions.

Storage Cool and store leftover soup in the fridge in an airtight container. Use within 2 days and reheat thoroughly before serving. Alternatively, freeze portions of soups and keep for up to 3 months in the freezer. Defrost and then reheat thoroughly.



Cooking in the kitchen with Chef Paul Ripley

A smooth, leek and potato soup that is full of flavour, wholesome and tasty. Easy to make using low cost ingredients, it is a winter favourite.



1

Fill a saucepan with plenty of water and bring to the boil. Peel and cube the potatoes. Clean and slice the leeks adding to potatoes.



2

Add the leeks and potatoes to the water. Boil for 15 minutes or until tender, then drain and set aside, discarding the water.



3

Finely chop the onion and fry in oil until soft and then add the potatoes, leek and black pepper. Make up the stock and pour over the vegetables. Bring to the boil and then simmer for 5 minutes. Purée the soup with a blender until smooth. Do this in batches if necessary.



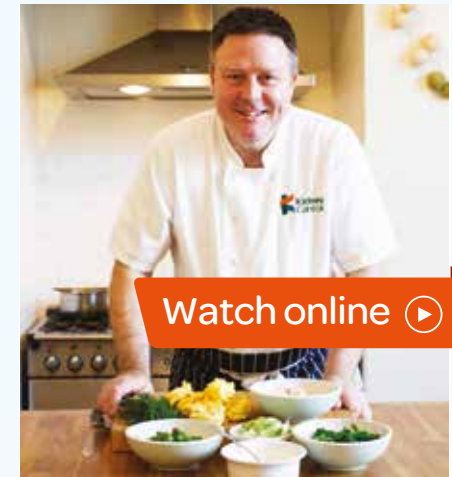
4

Return the soup to a clean pan and heat through, stirring in the crème fraiche. Season with black pepper to taste. Serve with 1 wholemeal bread roll per person and a little low-fat spread.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

Get in touch with Kidney Care UK

info@kidneycareuk.org

01420 541 424

(Lines open 9am-5pm, Mon- Fri)

[f kidneycareuk.org](https://www.facebook.com/kidneycareuk.org) [@kidneycareuk](https://www.instagram.com/kidneycareuk) [@kidneycareuk](https://www.twitter.com/kidneycareuk)