

Potato and Leek Soup (Slow Cooker)



Serves	6
Prep time	20 minutes
Cook time	7 hours, 20 minutes
Total time	7 hours, 40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Soup
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot , Slow Cooker

Ingredients

- 6 Potatoes (peeled and chopped)
- 4 Leeks (chopped)
- 4 1/2 cups Home made chicken or vegetable stock (refer to Basics page)
- 1 clove Garlic (crushed)
- 1 handful Chives (chopped)
- 150ml Buttermilk

Directions

1. Put all the ingredients except the buttermilk and chives into the slow cooker and cook on low for 7 hours.
2. Transfer the soup into a blender and whiz until smooth.
3. Return to the slow cooker and stir through the butter milk.
4. Serve and top with the chives.

Note

Low Chemical / Failsafe

Variation: use sour cream instead of butter milk.

Refer to the Basics page for [stock recipes](#).