

EatingWell

Potato-Leek Bisque

★★★★☆

It's hard to believe how rich and creamy this potato-leek soup is even though there's not a drop of cream in it. Croutons topped with anchovy, olives and leek are a crunchy, savory foil to the soup. But skip them if you like and incorporate all the cooked leeks into the soup instead.

Carolyn Malcoun

Total: 50 mins**Servings:** 8

Ingredients

2 tablespoons extra-virgin olive oil

3 pounds leeks, white and light green parts only, sliced (see Tip)

$\frac{3}{4}$ teaspoon salt, divided

1 $\frac{1}{2}$ pounds Yukon Gold potatoes, peeled and diced

3 cups nonfat or low-fat milk

2 cups reduced-sodium chicken broth

3 tablespoons lemon juice

$\frac{1}{4}$ teaspoon ground white pepper, or to taste

Thinly sliced fresh chives for garnish

$\frac{1}{4}$ cup minced pitted oil-cured olives

3 anchovies, minced

$\frac{1}{4}$ teaspoon freshly ground pepper

Directions

Step 1

To prepare bisque: Heat oil in a Dutch oven over medium heat. Add leeks and $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until very tender but not brown, 20 to 30 minutes. Adjust heat as necessary and add a bit of water if needed to prevent sticking. Set aside $\frac{1}{3}$ cup of the leeks in a small bowl.

Step 2

Add potatoes, milk and broth to the pot. Bring to a simmer (do not boil) and cook, stirring occasionally, until the potatoes are very tender, 10 to 15 minutes.

Step 3

To prepare croutons: Meanwhile, add olives, anchovies and black pepper to the reserved leeks; mix well. Divide evenly among the toasted baguette slices.

Step 4

When the potatoes are tender, remove from the heat. Puree the soup with an immersion blender or in batches in a regular blender. (Use caution when pureeing hot liquids.) Season with the remaining $\frac{1}{2}$ teaspoon salt, lemon juice and white pepper. Divide among 8 soup bowls and float a crouton on top of each. Garnish with chives, if desired.

Tips

Tip: To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain.

8 slices baguette, preferably whole-wheat, toasted

Repeat until no grit remains.

Tips

To make ahead: Cover and refrigerate the bisque and the crouton topping for up to 3 days.

Nutrition Facts

Serving Size: about 1 cup

Per Serving: 275 calories; protein 8.9g; carbohydrates 46g; dietary fiber 3.3g; sugars 8.4g; fat 7g; saturated fat 1.1g; cholesterol 2.8mg; vitamin a iu 1416.9IU; vitamin c 18.1mg; folate 60.4mcg; calcium 156.4mg; iron 2.8mg; magnesium 47.9mg; potassium 589.1mg; sodium 566mg; thiamin 0.2mg.

Exchanges: 2 starch, 2 vegetable, 1 fat, 1/2 fat-free milk

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