

## Chunky Bacon and Potato Leek Soup

Traditional potato leek soup is pureed to be a smooth velvety soup. In this soup, rustic chopped potatoes take centre stage in a chunky rendition of a classic. With a hint of smoky bacon in the soup, it is a surefire winner for soup and sandwich combinations for lunches at home and at the office.

6 bacon slices  
2 leeks, (white and green parts only) thinly sliced  
1 shallot, finely chopped  
1 large garlic clove, minced  
1-1/2 lbs (750 g) long Ontario potatoes, peeled and diced  
5 cups 1.25L chicken stock  
2 tbsp (25 mL) fresh Italian parsley, chopped  
Ground pepper to taste



In saucepan or small soup pot, cook bacon over medium high heat for about 8 minutes or until crispy. Drain on paper towel lined plate and set aside. Remove from heat.

Remove all but 1 tbsp (15 mL) of the bacon fat and return to medium heat. Cook leeks, shallot and garlic for 5 minutes or until softened. Add stock, potatoes and parsley and bring to boil. Reduce heat and simmer for 20 minutes or until potatoes are tender. Add ground pepper.

Chop bacon and stir into soup or sprinkle over each bowl before serving.

Makes 4 servings.

Per serving: 270 calories, 10 g protein, 7 g fat, 42 g carbohydrates, 4 g fibre, 840 mg sodium, 620 mg potassium