

Leek Soup

Ingredients:

- 150g (60oz) leeks
- 1/4 of a medium onion peeled and chopped
- 15g (1/2 oz) butter
- 300ml (1/2 pint) chicken stock
- Salt and ground black pepper
- 1/2 bottle Resource® Energy Vanilla flavour (approximately 3 fl oz)



1-2 SERVINGS

Method:

- Cut the leeks in half lengthways and remove the outer leaves. Rinse well under running water and chop finely. Finely chop the onion.
- Melt the butter in a small saucepan. Add the leeks and onion, cover and cook gently until very soft – about 10 minutes.
- Pour on the stock and season with salt and ground black pepper. Simmer for 20-30 minutes until the leeks are well cooked and the stock reduced.
- Puree in a blender or food processor until smooth. Return to the pan. Stir in half the bottle of Resource® Energy and reheat without boiling.

Alternative suggestion:

Resource® Protein Vanilla or Resource® 2.0 Fibre Vanilla can be substituted for Resource® Energy in this recipe.