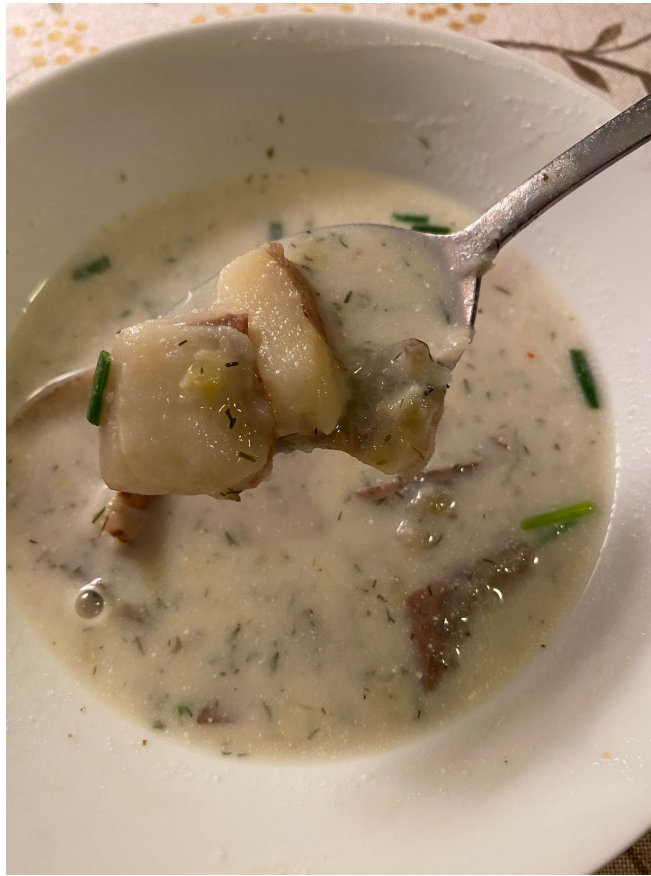


# Potato Leek Dill Soup



## Ingredients:

- 5 large russet or red potatoes - diced (optional to peel)
- 3 leeks - chopped
- Enough water to cover the potatoes
- 1 1/2 cups milk or cream
- 1/2 teaspoon caraway seed
- 2 tablespoons dill weed
- 1 teaspoon salt
- fresh ground pepper
- 2 tablespoons sour cream
- garnish: chives, parsley, or more dill

## Instructions:

1. Wash leeks and potatoes and chop them up well, discarding tough green ends of the leeks. Some people prefer to peel the potatoes and that is totally fine.
2. Put the potatoes and leeks in a soup pot and put in enough water to cover them. Bring the pot to a simmer, cover and let simmer for about 1/2 to 1 hour until tender. Add milk, caraway seeds, dill, salt and pepper to taste.
3. Let the soup simmer for another 15 -20 minutes or until it begins to take on a rather thick consistency and the potatoes begin to fall apart a little.
4. Stir in sour cream. Let it all heat through and serve. Garnish with chopped chives, parsley or more dill.

## Nutrition Facts

Servings 6.0

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Amount Per Serving

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calories 147

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% Daily Value \*

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Total Fat 2 g	3 %
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Saturated Fat 1 g	7 %
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Monounsaturated Fat 0 g

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Polyunsaturated Fat 0 g

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Trans Fat 0 g

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Cholesterol 0 mg	0 %
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Sodium 406 mg	17 %
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Potassium 689 mg	20 %
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Total Carbohydrate 28 g	9 %
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Dietary Fiber 2 g	10 %
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Sugars 5 g

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Protein 6 g	11 %
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Vitamin A	34 %
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Vitamin C	66 %
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Calcium	7 %
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Iron	14 %
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