

Instant Pot Potato Leek Soup – Alison Mountford

By Chef Alison Mountford for RINewsToday.com



TOTAL TIME - 30

QUICK TIPS - If you don't have an Instant Pot, you can make this on the stove top by following the same instructions, simply boil the broth and potatoes until they're tender. If you want to make this dairy free, use 1 can of coconut milk instead of the heavy cream.

INGREDIENTS

- 3 leeks
- 3 cloves garlic
- 1 onion (small)
- 2 Tablespoon extra-virgin olive oil
- .75 teaspoon dried thyme
- 1 teaspoon kosher salt
- .5 teaspoon black pepper (freshly cracked)
- 2 pound russet potatoes
- 4 cups vegetable stock (low sodium)
- 2 bay leaf
- 1.5 cup heavy cream

INSTRUCTIONS

1. CHOP

Separate the white part from the green part of the leeks - usually around 2/3rds of the bottom are good to use. Make your slice between the light and darkest green part. Save dark greens for stock later.

Slice the light green/white parts in ½ lengthwise, then slice into half-moons. Submerge those in a bowl of water to thoroughly clean. Mince garlic and chop the onion.

2. SAUTE

Use the sauté feature of the Instant Pot first. Add olive oil and the leeks. Add the garlic and onion. Sauté for about 6 minutes or until softened. Add the thyme, salt, and pepper.

Peel and chop the potatoes into 2 - 3" pieces.

Stop the sauté feature and add the potatoes, broth, and bay leaves. Close and secure the lid, then set the timer for 6 minutes on high pressure. Once the timer beeps and the float valve goes down, you can open the lid. Remove the bay leaves.

5. BLEND

Transfer in batches to a blender or use an immersion blender. Stir the cream together with 2 cups of hot soup in a measuring cup, then add it all back into the soup - this "tempers" the cream so it doesn't break. Taste for seasoning and add more if needed. Serve in bowls. Swirl with sour cream or top with a pinch of herbs if desired. Stores and freezes well!