

Potato Leek Soup with Toasted Chive Butter Ciabatta

A test-kitchen favorite. Our classic potato leek soup is rich and flavorful, with just the right balance of creamy indulgence and mellow leek flavor. Paired with our toasted chive-butter ciabatta, it's an elegant dinner just right for a cold night.

35 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Saucepan
(with a cover)
- Small Baking
Sheet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Butter (½ Tbsp per
svg.)
- Flour (½ Tbsp per
svg.)

5 MEEZ CONTAINERS

- Potatoes
- Leeks & Onions
- Soup Starter
- Ciabatta
- Chive Butter

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

We make our version slightly chunky. If you prefer a silky-smooth soup, puree it before serving.

Health snapshot per serving – 830 Calories, 21g Protein, 41g Fat, 99g Carbs, 30 Freestyle Points.

Lightened up Health snapshot per serving – 600 Calories, 30g Fat, 69g Carbs, 21 Freestyle Points, by using half the bread and half of the Chive Butter.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Potatoes, Ciabatta Bread, Cream, Leeks, Red Onion, Yellow Onion, Celery, Butter, Vegetable Stock, Garlic, Chives, Parsley, Tamari, Tarragon, Black Pepper, Thyme, White Pepper

meez meals

1. Get Organized

Bring around 5 cups of water to a boil in a large saucepan over high heat.

2. Boil the Potatoes

Add three-quarters of the **Potatoes** to the boiling water. Once the mixture returns to a boil, reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from heat, drain the potatoes and place in a large bowl. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Wipe out the saucepan.

3. Make the Soup

Return the now-empty saucepan to the stove and heat 2 Tbsp olive oil over medium high heat. Add the remaining uncooked potatoes and sauté (to prevent sticking) until they start to brown, about 4 minutes. Add the **Leeks & Onions** and sprinkle with salt and pepper. Continue cooking until the onions start to brown, about 3 to 4 minutes.

Add 1 Tbsp butter and stir until it melts completely. Sprinkle 1 Tbsp flour over the mixture and stir until it is incorporated and cook until the flour just starts to brown, about 2 minutes.

Add the cooked and mashed potatoes and stir well. Turn the heat to high, add the **Soup Starter** and 1 cup of water and stir well. Bring to a boil, then reduce the heat to medium low, cover, and simmer for 5 minutes.

4. Toast the Ciabatta

While the soup is simmering, cut each piece of **Ciabatta** bread in half and spread ½ Tbsp of the **Chive Butter** on the top of each of the halves. Using the “top brown” setting of your toaster oven or “broil” on your oven, heat the ciabatta until the butter melts and the rolls begin to brown, about 2 to 3 minutes.

5. Put It All Together

Serve the soup alongside the toasted chive butter ciabatta and enjoy!

*We love
dipping the
bread into
the soup.
Yum!*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois