Leek, Potato & Chorizo Soup

Good old comforting leek and potato soup! The added chorizo gives a small amount of protein, keeping you fuller for longer.

Serves 4 - 6

½ regular chorizo sausage, diced
2 medium leeks, cleaned and sliced
500g floury potatoes, cubed
Approx. 1 ltr chicken or vegetable stock

1. Heat a heavy based pan over a medium high heat. Add the chorizo and fry for a few moments.
2. Add the leeks and potatoes, stir everything together and add enough stock to just cover the chorizo and vegetables. Bring to the boil, turn down to a simmer, put a lid on the pan and cook gently for 20 mins.
3. Once the time is up, use a potato masher and roughly mash the potatoes into the soup. Season to taste, add more stock if the soup is too thick and serve.

Hints, Tips and Adaptations

Gluten & dairy free, freeze & microwave
Leave out the chorizo and use vegetable stock for vegetarians
Add beans or chickpeas for a vegetarian protein element.