

## FRESH LEEK SOUP

1 1/3 cups finely chopped leeks with tops  
1 cup finely dice onion  
1 clove garlic, minced  
2 Tbsp. butter or margarine  
4 cup regular strength chicken broth  
2 cups peeled potatoes 1/2" dice  
1 cup half and half or evaporated milk  
salt and pepper to taste  
2/3 cup Ultra Gel

Chop leeks and rinse well in a bowl full of cold water. Saute leeks, onion, and garlic in butter in a heavy pan over medium heat until tender but not brown. Add chicken broth and potato; reduce heat and simmer 20 min. Add half and half or evaporated milk and salt and pepper to taste. Add Ultra Gel gradually, stirring constantly with a wire whisk. Heat to serving temperature (do not boil). Adjust thickness if desired and serve immediately garnished with chopped parsley.

Nutritional Info. per serving: 150 calories, 10 g. of fat