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Everything HERBAL

by Cheryl Jabz

Faith • Herbs • Health

Made with
Herbs
and
Irish Tradition



IRISH POTATO LEEK SOUP

Creamy • Comforting • Full of Irish Heart

INGREDIENTS

- 4 large leeks, white and light green parts only, sliced
- 2 Tbsp butter
- 1 Tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 large potatoes, peeled and diced
- 4 cups vegetable or chicken broth
- 2 cups milk (or half-and-half for extra creaminess)
- 1 cup heavy cream (optional)
- 1 tsp dried thyme
- 1 bay leaf
- ½ tsp dried parsley
- Salt and black pepper to taste
- Fresh chives or green onions for garnish

DIRECTIONS

1. **Sauté the Leeks:** In a large pot, heat butter and olive oil over medium heat. Add leeks and onion. Sauté for 5–7 minutes until softened.
2. **Add Garlic:** Stir in garlic and cook for 1 minute until fragrant.
3. **Add Potatoes & Broth:** Add diced potatoes, broth, thyme, and bay leaf. Bring to a boil, then reduce heat and simmer for 15–20 minutes, or until potatoes are tender.
4. **Blend (Optional):** For a creamy smooth soup, use an immersion blender to blend until smooth, or blend in batches in a blender. For a chunkier soup, mash some of the potatoes with a spoon and leave the rest as is.
5. **Add Milk & Cream:** Stir in milk and cream. Heat gently over low heat—do not boil.
6. **Season:** Remove bay leaf. Season with salt and black pepper to taste.
7. **Serve:** Ladle soup into bowls and garnish with fresh chives or green onions.

MADE WITH SIMPLE INGREDIENTS



LEEKS



POTATOES



ONION



GARLIC



THYME



MILK



HERBS & SPICES



NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE



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HERBS & THEIR BENEFITS



THYME

Supports immune health and adds earthy depth to soups.



PARSLEY

Rich in antioxidants and vitamins; enhances flavor and freshness.



CHIVES

Mild onion flavor; supports digestion and adds a fresh finish.



BAY LEAF

Aids digestion and helps reduce bloating; adds aromatic flavor.



LEEK

Gentle on digestion; supports heart health and adds sweet, delicate flavor.

RECIPE HIGHLIGHTS



A traditional Irish classic made with wholesome, simple ingredients.



Creamy, hearty, and perfect for cozy nights.



Naturally gluten-free and easily vegetarian.



Serve with warm Irish soda bread or crusty whole grain bread.

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