



**make soup • share soup • give soup**



**Soup Sisters** is a non-profit charitable social enterprise dedicated to providing comfort to women, children and youth through the making, sharing and donating of soup.

Well known for over a decade of community soup making events, Soup Sisters has delivered over 3 million servings of nurturing and nourishing soup to emergency shelters across the country.

**Celebrated annually on [March 3rd](#), the National Soup it forward day is observed to encourage people to deliver love and kindness by the bowlful to family, friends, neighbours and strangers in need of a 'Hug in a Bowl'.**



This recipe for Potato Leek is a soup we grew up on. When we were young my mother always said, "And just remember, I never opened a can!" We would all just look at her and say, "Okay, Mom." None of us understood then what she meant. Now I realize my mother was telling us that she was taking care of us in the most meaningful way she knew, by providing us as best she could (times were lean) with wholesome food made with love.



My mom is an amazing cook. She survived harsh times as a child in World War II and came to Canada as a young immigrant bride. As I look back, I realize that Soup Sisters is a testament to her core belief that, through food, we take care of each other in the most nurturing of ways. The soup speaks for itself.

**THEN  
AND  
NOW**

Sharon Hapton, Soup Sisters Founder



This soup is one my sisters and I all remember as a favorite when we were growing up. The simple ingredients combine to create great flavor. Our mother says she used cream from an elderly aunt who got it from nearby Hutterite farmers, so heavy it had to be spooned out of the jar! The soup makes a great base for all sorts of add-ins: frozen peas and corn, shrimp or firm fish are all good.

—Sharon Hapton



### Potato-Leek Soup

The Soup Sisters' Sisters, Founder Sharon Hapton and her sisters, Lili Scharf and Rina Grunwald

Makes about 6 servings

1/4 cup (60 mL) butter  
3 large leeks (white parts only), thinly sliced  
1/4 cup (60 mL) all-purpose flour  
7 cups (1.75 L) water  
7 medium Yukon Gold potatoes, peeled, halved and thinly sliced  
Salt and pepper to taste  
1 cup (250 mL) whipping or table cream (35% or 18% MF)  
Finely chopped parsley for garnish (optional)

1. In a large pot, melt the butter over low heat. Add the leeks. Cook, covered, until the leeks have softened, about 5 minutes.
2. Stir in the flour. Cook, stirring, for 1 minute.
3. Gradually add the water, stirring constantly to avoid lumps.
4. Add the potatoes and salt and pepper to taste. Bring to a boil, stirring constantly.
5. Reduce the heat and simmer, covered, until the potatoes are tender, about 35 minutes.
6. Add the cream. Simmer until heated through.
7. Ladle up steaming bowlfuls and scatter with parsley (if using). Bon appétit!

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## Potato & Leek

*Yield: (15 L)*

10 lbs (4.5 kg)	Leek, diced
4 tbsp (60 mL)	Olive oil
12 oz (340 g)	Yellow onion, slivered
6 ½ lbs (3 kg)	Potato, peeled and diced
36 cups (9 L)	Chicken stock
½ bunch	Fresh thyme, leaves removed and chopped
16 cups (4 L)	Whipping cream
	Salt & Pepper, to taste
1 ½ cups (360 mL)	Chives, chopped

1. Sauté leeks, onions and onion in oil until translucent.
2. Add broth and potatoes and cook until potatoes are tender.
3. Puree mixture.
4. Add cream and thyme and season with salt & pepper.
5. Add chives as garnish when serving

*\*Option – Soup can be drizzled with any mildly flavored oils such as hazelnut, walnut, grapeseed, garlic or white truffle oil.*

# There's a message in every bowlful

[WWW.SOUPSISTERS.ORG](http://WWW.SOUPSISTERS.ORG)



## Creamy Potato Leek Soup

Leek, oil, onion, potato, chicken stock, thyme, cream, chives, salt, pepper



