

Martha 100:

Leek & Fennel Soup



1h



2 Servings

What we send

- 3 (7 oz) leek
- 1 yellow onion
- 2 bulbs fennel
- ¼ oz mushroom seasoning
- 2 pkts vegetable broth concentrate
- 2 artisan buns ^{1,2,3,4}
- ¼ oz fresh chives

What you need

- kosher salt & ground pepper
- unsalted butter ²
- olive oil

Tools

- large pot
- blender

Allergens

Egg (1), Milk (2), Soy (3), Wheat (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 43g, Carbs
114g, Protein 18g

1. Bake croutons

Preheat oven to 350°F with a rack in the center position. Cut bread into ¼-inch pieces. On a rimmed baking sheet, toss bread cubes with 1 tablespoon each melted butter and oil; season with salt and pepper. Bake on center rack, stirring halfway through, until croutons are golden brown and crisp, 12-15 minutes.

4. Simmer soup

To pot, add mushroom seasoning, broth concentrate, and 4 cups water; bring to a simmer over high heat. Reduce heat to maintain a gentle simmer; simmer for 20 minutes.

2. Prep vegetables

Meanwhile, halve leeks lengthwise then thinly slice crosswise. Place leeks in a large bowl of water. Stir leeks until layers separate; set aside for 1 minute to allow grit to settle to bottom of bowl. Lift leeks from water and transfer to a colander to drain. Quarter fennel and onion lengthwise then thinly slice crosswise.

5. Blend soup

Carefully transfer vegetable soup to a blender, working in batches if needed; puree until smooth. Adjust soup's consistency with water if necessary. Optionally, for a smoother texture, pass soup through a fine-mesh strainer. Season with salt and pepper to taste.

3. Sweat vegetables

In a large pot, melt 4 tablespoons butter over medium heat. Add leeks, onions, fennel, and a pinch of salt; reduce heat to low. Cook, stirring occasionally, until vegetables are completely tender but not browned, 15-20 minutes.

6. Serve

Thinly slice chives. Divide soup between bowls and top with croutons and chives. Enjoy!