

### INGREDIENTS (To make approximately 8 servings )

4 Medium sized leeks, cleaned and chopped, removing the green parts

½ Red sweet bell pepper (de-seeded and chopped)

½ Yellow sweet bell pepper (de-seeded and chopped)

2 Medium onions (Chopped)

2 Medium potatoes (Chopped into half inch cubes)

2 Carrots, sliced

2 Sticks of celery, sliced

2½ Pints of chicken or vegetable stock

1 Teaspoon of sugar

Sea Salt and freshly ground pepper to taste

### METHOD

- (1) Sweat the onions and leeks in olive oil on a low heat in a tightly covered pan until they are clear but not browned
- (2) Add the peppers, potatoes, carrots and celery and cook uncovered over a low heat until all the ingredients are coated and partly cooked, stirring frequently
- (3) Add the stock and sugar, bring to the boil, again stirring frequently, then turn the heat down
- (4) Simmer for about an hour
- (5) Liquidise the mixture on high speed and return to the pan

- (6) Return the liquidised soup to a simmer
  
- (7) Serve garnished with garlic croutons and a swirl of double cream

Hearty and warming.