

Norman's Cheese and Leek Soup

with Ground Beef

Serves about 4

A hearty winter soup from our friend Norman in Northern Germany.

Ingredients

Ingredient	*US measure*	*Metric (Norman's)*
Onion	1 medium	1
Garlic	1 clove	1 clove
Leeks	2 medium	2
Ground beef	1 pound	500 g
Sunflower oil (or other cooking oil)	2 tablespoons	2 tbsp
Salt	to taste	to taste
Vegetable broth	3 1/3 cups	800 ml
Processed cheese, cream variety (or cream cheese)	7 ounces (a scant 1 cup)	200 g
Crème fraîche (or sour cream mixed with heavy whipping cream)	2/3 cup (5 ounces)	150 g
Black pepper	1 pinch	1 pinch
Grated nutmeg	1 pinch	1 pinch

Directions

1. **Prepare the vegetables.** Peel and finely dice the onion and garlic. Halve the leeks lengthwise, wash them well, drain, trim, and slice.
2. **Cook the leeks.** Sauté the leeks in a large pot until tender, being careful not to let them burn. Even a little scorching changes the flavor of the whole soup.
3. **Simmer.** Pour in the vegetable broth and simmer gently for about 10 minutes, stirring now and then.
4. **Brown the meat.** Meanwhile, brown the ground beef with the diced onion and garlic in a pan with the oil.
5. **Finish the soup.** After 10 minutes, stir the processed cheese, crème fraîche, and browned meat into the leek broth. Bring to a boil, and season to taste with salt, pepper, and nutmeg.
6. **Serve** with a baguette fresh from the oven, if you like. Guten Appetit!

Charlotte's Kitchen Notes Don't scorch the leeks! Norman really means it when he says to be careful when you sauté them. One time I scorched just a few of them a little bit, and it completely changed the flavor of the soup. Keep the heat moderate and stir often. Cheese: I use cream cheese for the processed cheese. Crème fraîche: I use a mix of sour cream and heavy whipping cream instead.



From vegetable-gardening-online.com/how-to-grow-leeks.html