

# Potato Peel Soup



## Ingredients:

- 2 tbsp butter or oil
- 1 cup onion, chopped
- 1 cup carrots, (optional) chopped
- 1 1/2 cups potato peels
- 1 bay leaf
- 2 1/2 cups vegetable or chicken stock
- 2 cups milk or cream
- Salt, to taste
- Pepper, to taste

## Instructions:

- Heat the butter or oil in a medium saucepan over a medium-low heat and add the carrots, onions, bay leaf and salt. Sauté gently, until onions are soft
- Add the potato peelings and give everything a good stir for a minute.
- Pour in the milk and stock, season well with salt and pepper and bring to the boil. Reduce the heat and simmer gently until the peels are very tender
- Remove from the heat and cool slightly, then purée in a food processor or blender
- Return the soup to the pan and reheat gently. Season well with salt and pepper and stir in the chopped parsley, if using.
- Serve in warmed bowls, topped with fried sage leaves and shards of crisp bacon

## How to store:

- Store in an airtight container in the fridge for up to five days.
- Remember to freeze any portions you don't eat this time to save them from going in the bin. A great time saver for a simple meal another day!