

## Slow Cooker Hearty Leek and Ham Soup



Serves	Prep Time	Cooking	Total Time	Calories
<b>6 people</b>				<b>349 kcal</b>

### Stuff that's in it:

- 900ML Chicken Stock
- 1 Tbsp Fresh Parsley (Finely Chopped)
- 2 Tsp Fresh Thyme (Finely Chopped)
- 570G Maris Piper Potatoes (Peeled And Chopped Into Very Small Slices/Cubes)
  - 3 Celery Sticks (Finely Chopped)
  - 200G Carrots (Sliced)
  - 1 Tsp English Mustard
  - Fresh Black Pepper
- 15G Corn Flour (Mixed With A Tiny Bit Of Water To Make A Slurry)
  - 300G Fresh Leek (Washed, Peeled And Sliced)
- 700G Piece Of Unsmoked Gammon (Thick Fat Removed And Cubed)
  - 1 Tbsp Plain Flour (To Thicken)

### What you do:

Add your chopped gammon, potato, carrots, celery, and leek to your slow cooker, then sprinkle over your herbs, add your mustard, fresh black pepper. Add the cornflour to the stock and pour into the slow cooker, covering the meat and veg. Place the lid on and cook for around 8 hours. When ready, add the flour by sprinkling it over and whisking it in, use a potato masher a few times to make the consistency thicker.

Serve.

### **Nutrition**

- Carbs: 32g
- Fat: 5g
- Protein: 25g

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