



# ParmaHam Soup



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>235 kcal</b>

### Stuff that's in it:

- 225G Left Over Cooked Gammon Joint (Large Slices)
- 100G Leek (Washed And Sliced)
  - 500Ml Veg Stock
  - 10G Lurpack Lighter
- 470G Potatoes (Peeled And Diced)
  - 20G Grated Parmesan
- Handful Fresh Parsley (Chopped)
- 300Ml Hot Water (To Thin Later )

### What you do:

Add your butter to a large deep pan, heat and add the leeks and gently sauté for 2 minutes, add the potatoes and stir through, then add the parsley and parmesan, add the meat slices and stock, bring to the boil and simmer for 20 minutes with the lid on.

Let cool slightly and remove ham slices to cool.

Using a stick blender, pulse the soup a few times so it's still lumpy ish ... you may want to add hot water as it can be very thick and stick, the water makes it perfect and soup-like.

Chop the ham and add into the soup.

Add some more parsley and serve.

Perfect on the side with a sandwich.

### **Nutrition**

- Carbs: 26g
- Fat: 6g
- Protein: 16g

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