Fresubin®
à la carte

Cream of leek soup

Ingredients

200 ml	Fresubin Energy DRINK Neutral
150 g	leeks, ready-to-cook
100 ml	meat stock
20 g	butter
10 g	white flour
30 ml	cream (30 % fat)
	salt, pepper, garlic, nutmeg

Nutritional information per serving:

Energy	618 kcal
Protein	16.7 g
Fat	38.0 g
Carbohydrate	51.0 g
Fibre	3.7 g

Alternative products:
Fresubin® 2 kcal/Fibre DRINK

Preparation

Lightly fry the leek rings in the butter. Add 75 ml meat stock, Fresubin Energy DRINK Neutral and cream to the leeks and bring to the boil.

Make a smooth paste with the flour and the remaining meat stock and then add to the soup, stirring constantly. Bring to the boil and season to taste.

TIP:
If desired add 10 g croutons to the soup before serving.

FRESENIUS KABI
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