Käselauchsuppe (German Cheese and Leek soup)



Leek cream minced meat soup, often known as Käselauchsuppe in Germany, is a hearty, creamy, and quick-to-make comfort food typically prepared in under 35–40 minutes. It features browned minced meat (beef or mixed), sautéed leeks, and a creamy base often enhanced with processed cheese. Easy German Recipes Easy German Recipes +4 Popular Recipe: German Cheese-Leek Soup This version is a classic, rich, and creamy, often served with crusty baguette. Ingredients (Serves 4) Meat: 500g (1 lb) minced beef or mixed (pork/beef) Veg: 500g (3 sticks) leeks, cleaned and sliced into rings Flavor Base: 1 onion (finely chopped), 2 cloves garlic (minced) Liquid: 1 liter (4 cups) beef or vegetable broth Creamy Element: 200g–250g cream cheese or processed cheese (e.g., Laughing Cow) and/or 150ml–200ml heavy cream Fat: 1-2 tbsp oil or butter for frying Seasoning: Salt, pepper, nutmeg, and sometimes paprika Easy German Recipes Easy German Recipes +3 Directions Brown the Meat: Heat oil in a large pot. Add the minced meat and cook until thoroughly browned and crumbly. Season with salt, pepper, and paprika. Sauté Veg: Add the chopped onion and garlic to the meat, cooking until softened. Add the sliced leeks and sauté until they start to soften, about 5 minutes. Simmer: Pour in the broth and bring to a simmer. Let it cook for 10–20 minutes, or until the leeks are very tender. Add Cream/Cheese: Stir in the processed cheese and cream, stirring until completely melted and smooth. Final Seasoning: Season with nutmeg and adjust salt/pepper to taste. Let it bubble for another 5 minutes. Serve: Serve hot, garnished with fresh parsley, if desired. Easy German Recipes Easy German Recipes +5 Key Tips & Variations Cheese Choice: Processed cheese (like Velveeta or cream cheese triangles) is traditional, but you can use Gouda or mild cheddar for a different texture. Added Heartiness: Some recipes include diced potatoes or carrots for a thicker, more filling soup. Lower Fat: Replace the processed cheese with lower-fat cream or milk and a smaller amount of cheddar. Vegan Version: Use vegan mince, plant-based cream, nutritional yeast, and vegetable broth. Preparation Tip: Clean the leeks thoroughly by slicing them in half lengthwise and rinsing between the layers to remove hidden dirt. Zucker&Jagdwurst Zucker&Jagdwurst +6 This dish is often considered better the

next day, making it an excellent choice for leftovers. www.thebearandthefox.com www.thebearandthefox.com +1

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