



Vegetable soup

You will need:

- 1 carrot
- 1 stick of celery
- 1 onion
- Vegetables of your choice
- Vegetable stock cubes
- Oil

Flavour suggestions:

- Leek and potato
- Sweet potato and chilli flakes
- Broccoli, courgette and spinach
- Parsnip, apple and curry powder
- Carrot and orange
- Cauliflower and cheese

Top tips

- If your soup is too thick, add more stock or water at the end
- Vegetables can be fresh, frozen or pre-cooked
- Chop your vegetables small, as it speeds up the cooking time
- If you want a creamier soup, replace some of the stock with milk
- Swirl with cream for decoration

Allergens

- Check the stock cubes

You can use a mixture of any vegetables, so experiment with your favourite colours and flavours. You can also make the soup more substantial by adding pasta or rice, once it's been blended. In order to make a smooth soup, you'll need a hand blender, but if you don't have one, either leave it as it is or use a potato masher! Don't forget to try our easy homemade savoury bread recipe too, as they taste great together!

Finely chop the onion, carrot and celery and add to a pan with a little bit of oil

Allow to cook gently, until it's all softened

Meanwhile, prepare your chosen vegetables and make your stock (you'll need approximately 1 litre)

Once the onion, carrot and celery are soft, add the other vegetables and cover with the stock

If you want to add any spices or additional flavours, you can do so at this point

Bring to the boil and then allow to simmer, until the vegetables have all softened

If you're combining different vegetables (such as broccoli and spinach), you may want to add the quick cook vegetable towards the end

When your soup is ready, carefully use a hand blender to fully or part blend the soup, until it reaches your desired consistency (if it's too thick, you can add more liquid)

If you don't want to serve immediately, allow to cool, then portion into freezer bags / containers and store for up to three months. When you're ready to use it, simply defrost and reheat

For more recipes, visit www.talkcommunitydirectory.org/cooking

