

Vegetable soup

Makes enough for 3-4



This easy home-made vegetable soup recipe can be adjusted to use vegetables you have on hand. The best part is it tastes delicious!

INGREDIENTS

250g raw root vegetables, such as onions, carrots and celery
250g potato (sweet potato counts as part of your 5 A Day)
1 tbsp olive oil
900 ml stock

DIETARY COMPONENTS

Soups are an easy way to boost the vegetable intake of the picky eaters in your family. The less favoured choices can be diced into very small pieces along with their favourites, or alternatively, you can puree the soup.

EQUIPMENT

Saucepan and lid
Chopping board
Knife
Weighing scales
Vegetable peeler
Measuring jug
Blender

METHOD

1. Peel the carrots and potatoes.
2. Chop the raw vegetables into equal sized pieces, then chop the potatoes into cubes. Remember, the smaller they are, the quicker the cooking process.
3. Heat the saucepan, add the oil and gently fry the ingredients on a low heat until they begin to soften.
4. Carefully pour over the stock to cover the vegetables and simmer for 15-20 mins until the vegetables are tender.
5. If desired, blend the soup until smooth. Serve hot with crusty bread.