

Ingredients needed for: _____ Name: _____

VEGETABLE SOUP

Homemade soup is easy to make and has a superior flavour to commercial products if using very fresh ingredients. Making use of seasonal vegetables also makes it a cheap dish as well as a nutritious one. You can vary the flavour considerably by altering the amount of each ingredient used, and adding extras to suit your tastes. The variations are almost limitless.

This recipe can be blended until smooth or left as a chunky soup. The vegetables will need to be finely diced if not blending.

Ingredients

1 medium potato
1 medium carrot/parsnip
1 small onion
1 stick celery (optional)
½ small leek (optional)
1 stock cube – vegetable, chicken, spicy,
herby, Italian, Mexican
25g butter
400 ml water

FLASK OR LARGE CONTAINER WITH A SECURE
LID, SUITABLE FOR HOLDING LIQUID

Equipment

Saucepan
Wooden spoon
Knife
Chopping board
Non slip mat
Jug
Grater

Method

1. Collect ingredients and equipment.
2. Peel and chop vegetables finely or grate on the large side of the grater.
3. Melt the butter in the saucepan.
4. Add potato and onion and stir them until well coated.
5. Sprinkle with salt and pepper.
6. Fry gently for 5 minutes.
7. Add the other chopped vegetables, crumble in the stock cube and add water just to cover the vegetables.
8. Bring to the boil, and then simmer until soft (the potato will squash against the side of the pan).
9. Liquidise or blend using a hand blender or liquidiser (if required).