



# Recipes

## Vegetable Soup (serves around 6 people)

This is a tasty soup, as well as being a quick and easy budget supper. It is also a great way to use up those vegetables lurking in your fridge!

### Ingredients

Selection of vegetables – just use what you have in the house. I suggest:

- 1 onion
- 1 large carrot
- 1 tin drained cooked white beans/lentils
- 1 large parsnip
- 1 stick celery\*
- 1 small sweet potato
- 1 tin chopped tomatoes
- One litre low-salt vegetable stock\*

### Method

1. Wash, peel and chop the vegetables into small bite-size pieces.
2. Place a tbsp of oil in a large pan and add all the vegetables. Fry together for around 10 minutes. If using a multi cooker, you could use the saute option.
3. Add the vegetable stock and the tin of tomatoes. Bring to the boil and simmer for around 20–30 minutes until all the vegetables are cooked. If using a multi cooker, you could use the stew option and cook for 20–30 minutes.
4. Add more water/stock/or even milk\* (for a creamier soup) if the soup seems too thick.
5. You can use a hand blender to blend the soup or serve as a chunky vegetable soup.
6. Serve with crusty bread and a sprinkling of grated cheese\*.

\* please note this food is or may contain one or more of the 14 common food allergens