

## Vegetable soup



### Ingredients

Base vegetables - 1 celery stick, 1 carrot, 1 clove of garlic, 1 small onion

Flavour vegetables - approximately 300g of your personal selection of vegetables (eg. Potato, sweet potato, carrot, leek, mushrooms, spinach, parsnip, red peppers etc)

Vegetable stock cube

Flavour liquids (optional) - (eg. Tinned tomatoes, coconut milk, cream)

Herbs and/or spices (optional)

Oil and salt and pepper (supplied by school)

### Method

Wash, peel and chop all vegetables.

With a little oil, fry the base vegetables until soft.

Add all hard vegetables along with the stock cube and approx. 150ml water (reduce the amount of water if using other flavoured liquids).

Add tinned tomatoes and any herbs or spices (if using).

Simmer until the vegetables start to soften.

Add any soft vegetables and season to taste.

Simmer until all the vegetables are cooked, adding additional liquid if required, until the desired consistency is achieved.

Blend to a smooth soup if desired, prior to serving.

