

Vegetable Soup

Ingredients:

200g chopped raw vegetable such as onion, celery and carrots
300g potato
1tbsp oil
700ml vegetable stock
Seasoning – salt and pepper
Fresh herbs to serve

Method

1. Chop, peel and cube the vegetables.
2. Fry the vegetables in a little oil for a few minutes until they begin to soften.
3. Make up the stock.
4. Add the stock to the vegetables and simmer for 10-15 minutes.
5. Once the vegetables are tender, blend the mixture until smooth.
6. Season with a little salt and pepper.
7. Serve with some fresh herbs.

