

Recipes

Swede and carrot soup

We tend to use up any leftover veg in soups – and this is one of the easiest, cheapest and quickest soups we make (serves 6-8).

Ingredients

- 2 tbsp oil
- Approx. 1 kg swede and 1 kg carrots (you can use leftover cooked veg)
- ½ onion (and maybe a garlic clove)
- 1 litre vegetable stock (e.g. make from a stock cube)

Method

1. Chop the onion (and garlic if you are using this) and pop in a saucepan.
2. Fry in the oil until soft.
3. Peel and then chop the swede and carrots and add to the onion.
4. Stir for a couple of minutes.
5. Add the stock and bring to the boil.
6. Simmer gently until the vegetables are soft.
7. Cool and then pour into a blender.
8. Serve with some herbs and spices on top (I just like black pepper and a few croutons made from leftover bread).

