

 Vegetable Soup

(serves around 6 people)

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.
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.
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.