

Vegetable soup

Ingredients

Base soup

1 onion
1 medium potato
1 vegetable stock cube
1 tbs vegetable oil

Choose vegetables

100g peas
100g sweetcorn
2 carrots
1 pepper
1 leek
1 tin tomatoes
Optional
100ml cream
Handful of fresh herbs (mint good with peas/basil good with tomatoes/coriander good with carrot)

Aim Higher

★ Blend your soup until it is smooth

Equipment

All equipment is provided by school

REMEMBER TO BRING A CONTAINER WITH A TIGHT FITTING LID OR A FLASK FROM HOME

Method:

1. Peel and finely dice the onion and potato put them in a large saucepan with the vegetable oil
2. Cook on a gentle heat for 5 minutes while the rest of the ingredients are prepared.
3. Peel and finely chop the carrot/wash and finely chop the leek/pepper
4. Add 300ml water, the stock cube and your chosen vegetables to the soup and bring to the boil.
5. Simmer for 10 minutes until the vegetables are soft.
6. ★ Use a hand blender to make your soup smooth
7. Finely chop the fresh herbs and stir into the soup with cream
8. Add more water to adjust consistency if required.