

Vegetable Soup

(Serves 2)



Ingredients

- 200g raw vegetables, such as onions, celery, carrots, turnip, parsnips
- 300g potatoes
- 1 tablespoon oil
- 700ml hot vegetable stock

Method

1. Peel and chop vegetables & potatoes into small cubes.
 2. Heat oil in a large saucepan.
 3. Fry chopped vegetables and potatoes in the saucepan for 5 minutes until they beginning to soften.
 4. Add the hot stock and simmer for 10-15 minutes until the vegetables are soft.
 5. Blend until smooth, then season.
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