



Recipe

Easy Vegetable Soup – Serves 2

A basic soup recipe that can be adapted to whatever needs using up from the fridge.

Ingredients

- 200g chopped raw vegetables, such as onions, celery and carrots
- 300g potato
- 1 tbsp oil 700ml stock
- crème fraîche and fresh herbs, to serve



Method

- Fry the chopped raw vegetables with the potatoes, peeled and cubed, in a little oil for a few mins until beginning to soften.
- Cover with the stock and simmer for 10-15 mins until the veg is tender. Blend until smooth, then season. Serve with a dollop of crème fraîche and some fresh herbs. Will freeze for up to 1 month.