

## **Disclaimer**

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.



# Winter Warmer Vegetable Soup



## Ingredients

- 400g mixed raw vegetables, such as carrots, onions, celery, parsnips, green beans
- 600g potatoes
- 1 tbsp olive oil
- 1400ml vegetable stock
- Salt and pepper to taste

## Equipment

- Hob
- Large frying pan
- Sharp knife
- Chopping board
- Peeler
- Ladle or large spoon
- Bowls (one per person)
- Hand blender (optional)

## Method

1. Carefully, roughly chop the vegetables using the knife. You can make them as chunky as you like!
2. Peel and chop the potatoes into cubes.
3. Fry the vegetables and potatoes in the olive oil for a few minutes until they start to soften.
4. Cover the vegetables with the stock and leave to simmer for 10 to 15 minutes until the vegetables and potatoes are tender.
5. You can either leave your soup chunky or you could use a hand blender to make it smooth.
6. Season your soup with the salt and pepper and then ladle into bowls to serve.
7. Enjoy!

Makes approx. 5 servings