

SIMPLE VEGETABLE SOUP

INGREDIENTS

1 MEDIUM LEEK WASHED & CHOPPED
1 MEDIUM ONION DICED
2 STICKS OF CELERY CHOPPED
30ml/2TBSP PLAIN FLOUR
1 LITRE/2 PINTS CHICKEN STOCK
2 CARROTS PEELED & DICED
4 TOMATOES CHOPPED
SALT & PEPPER TO TASTE

METHOD

1. DICE THE LEEK, CELERY, CARROTS AND ONION
2. HEAT PAN AND ADD THE OIL
3. ADD ALL OF THE VEGETABLES AND COOK ON A GENTLE HEAT UNTIL SOFTENED
4. STIR IN THE FLOUR AND COOK OUT FOR ABOUT 1 MINUTE
5. GRADUALLY ADD THE CHICKEN STOCK AND STIR
6. ADD THE TOMATOES
7. BRING TO THE BOIL THEN REDUCE THE HEAT AND SIMMER FOR 20 MINUTES UNTIL THE VEGETABLES ARE COOKED
8. SEASON WITH SALT AND PEPPER TO TASTE
9. BLITZ IN A FOOD PROCESSOR OR WITH A STICK BLENDER

FOR A MORE SUBSTANTIAL AND FILLING SOUP YOU CAN ADD ANY BITS OFF PASTA YOU MAY HAVE HANGING ROUND IN YOUR CUPBOARD.

