

FRUIT AND VEG RECIPES



Country vegetable soup

Ingredients (Serves 4)

- 1 onion
- 1 carrot
- 1 leek
- 1 potato
- 2 celery sticks
- 1 x 15ml spoon oil
- 1 x 15ml spoon plain flour
- 1 x 5ml spoon stock powder
- 500ml water, boiling

Equipment

Chopping board, knife, vegetable peeler, saucepan, measuring spoons, wooden spoon and measuring jug.

Method

1. Peel and chop the onion.
2. Top and tail the carrot, then peel and dice.
3. Top and tail the leek, remove the outer layer, then peel and slice.
4. Peel and cube the potato.
5. Cut the celery into 2cm length pieces.
6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
7. Stir in the flour and cook for 2 minutes.
8. Dissolve the stock powder in boiling water.
9. Add the stock to the saucepan and bring to the boil.
10. Add the potatoes.
11. Place a lid on the saucepan and let simmer for 30 minutes.
12. Serve.

