

## Simple Vegetable Soup (Serves 4)

### Method:

- 1-2 tbsp of oil
- 1 large onion, finely chopped
- 2-3 cloves garlic, crushed
- 1 tsp dried herbs or 2 tsp fresh herbs



A selection of chopped vegetables e.g.

- 1/2 Butternut Squash
- 2-3 Carrots
- 1/2 head of Broccoli
- 1 Red Pepper
- 1 tin chopped tomatoes,
- 2 tsp stock powder or 1-2 stock cubes

### Instructions:

1) Prepare ingredients, as above

2) Heat oil in saucepan

Sauté onion until softened



3) Add garlic and chopped vegetables and cook for a further 5 minutes



4) Add the tin of tomatoes, refill the tin with water and add to the pan.



5) Add the stock powder (or cubes) and herbs

Bring to the boil and simmer for 20 minutes until cooked



6) Mash with a potato masher for a softer texture



7) Serve with bread or with cheese on toast



### Vegetable and lentil soup

Add 1 mug of red lentils for a more filling soup:

i) Rinse lentils under tap

ii) Put lentils into a pan and cover with 2 mugs of water. Bring to the boil and simmer for 10 minutes until soft

iii) Stir the cooked lentils into the finished soup

