

Vegetable Soup

This delicious soup can be made using almost any cooked vegetables you have leftover in the fridge. This recipe is great for lunch or a light supper.









Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (330g):

Typical values per 100g: energy 123kJ/29kcal.





of an adult's reference intake.







Equipment

Weighing scales

Chopping board

Sharp knife

Large saucepan

Wooden spoon

Pan stand

Measuring jug

Blender or hand-held

blender

Bowl or container to store

Ingredients

Serves 4

1 small onion (if not already in the vegetable mix below)

2 cloves garlic (as above)

1 x 5ml spoon vegetable oil

Approximately 500g mixed cooked vegetables

500ml chicken stock (OR 1 x reduced-salt vegetable stock cube dissolved in 500ml boiling water)

250ml semi-skimmed milk

Ground black pepper (optional)

*Presence of allergens can vary by brand always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Keep a container in the fridge into which you can add your leftover vegetables after each meal. Make sure they are not left in the fridge for more than 3 days or they will become unsafe to eat. If you don't think you will have enough, freeze them until you do, then make the soup.
- Don't put beans, mangetout or sugar snap peas in this soup as they are stringy and won't blend properly.
- When blending hot soup the pressure can build up inside the blender, which is why it is very important to follow 3 rules:
 - 1. Never fill the blender more than half full.
 - 2. Always cover the lid with a thick tea towel.
 - 3. Always hold the lid down when the blender is on.





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Method

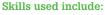
- 1. Peel and finely chop the onion and garlic (if using and not already in your cooked vegetables).
- 2. Heat the oil in the saucepan over a medium heat. Fry the chopped onion and garlic (if using).
- 3. Add the rest of the cooked vegetables to the saucepan, along with the stock and milk. Bring to the boil and simmer for 3 minutes.
- 4. Add black pepper to taste (if using).
- 5. Transfer in batches to a blender (or use a handheld blender) to liquidise to your preferred texture chunky or smooth.
- 6. Reheat the soup until bubbling hot and serve immediately.

Something to try next time

- If you have any chicken meat left over from your roast, shred some into the soup when reheating it.
- If you need to bulk up the vegetables, add a can of drained sweetcorn or some frozen peas.
- You can also add baked beans or stale bread to your soup to thicken it.
- If you use roasted beetroot in this recipe it will come out a bright pink colour!

Prepare now, eat later

- Cook extra vegetables with your evening meal, cool and then store in the fridge to make soup the next day, to save you time.
- The soup can be kept in the freezer for up to 1 month in sealed containers or freezer bags.
 Defrost before reheating it until piping hot.



Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.

