

# Winter Vegetable Soup

Make this soup at the weekend and it will keep in the fridge to be heated up during the week for a quick meal. It's a real winter warmer too and great served with flatbread (see the Flatbread with Tomato Topping recipe available on our website).



Celery, egg, milk, sulphites and wheat (gluten)\*

Nutritional information per portion (371g):

Energy 399kJ 95kcal 5%	Fat 2g 3%	Saturates 0.3g 1%	Sugars 4.3g 5%	Salt 0.38g 6%
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of an adult's reference intake.

Typical values per 100g: energy 108kJ/26kcal.

## Equipment

Large saucepan with lid  
Wooden spoon  
Garlic crusher  
Measuring spoons  
Chopping board  
Sharp knife  
Vegetable peeler  
Measuring jug  
Can opener  
Kettle  
Colander  
Blender (optional)  
Scissors (optional)

## Ingredients

**Serves 4-6**  
2 turnips OR 1 swede  
1 parsnip  
1 potato  
1 carrot  
1 medium onion  
2 cloves garlic  
1 x 5ml spoon vegetable oil  
1 x 5ml spoon dried mixed herbs OR 2-3 sprigs oregano, thyme OR rosemary  
1 litre boiling water  
1 x reduced-salt vegetable stock cube  
1 x 400g can mixed beans  
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 Tip

- To check if the soup is ready, simply use a spoon to taste it (let it cool for a bit first!) You can add more black pepper if you like, or if the vegetables are still a bit crunchy, leave them to cook for 10 minutes longer.

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## Method

1. Wash the turnips or swede, parsnip, potato and carrot. Peel and chop into small cubes (about 2-3cm). The skin on a swede is quite thick, if using you may need to peel carefully with a sharp knife rather than a vegetable peeler. Slice the ends off the swede and place one of the flat sides onto the chopping board, then slice it into a large cube. This makes it easier to chop into small pieces.
2. Peel and slice the onion into small pieces.
3. Peel and crush the garlic. If using fresh herbs, remove the leaves from the stems, if tough, and finely chop the leaves with scissors.
4. Heat the vegetable oil in the saucepan over a high heat. Add the crushed garlic and all the chopped vegetables and cook for 5 minutes. Stir regularly.
5. Measure 1 litre boiling water into the measuring jug. Crumble in the stock cube and stir until dissolved. Pour the stock into the saucepan.
6. Open the can of beans and drain them. Add the drained beans to the saucepan.
7. Stir in the fresh or dried herbs and add black pepper to taste (if using). Turn the hob down to a low heat, place the lid on the saucepan and simmer for 30–40 minutes until the vegetables are soft.

## Something to try next time

- This makes a chunky, filling winter soup, but if you prefer your soup to be smooth, you can use a blender to purée it.
- Try different vegetables depending on what is in season. You could add squash in autumn, or finely chopped spring green cabbage in spring.

## Prepare now, eat later

- This warming vegetable soup will keep in the fridge for up to 4 days. Take out as much as needed and reheat until piping hot.
- Freeze in portions for up to 3 months. Defrost and reheat, adding a little water if too thick.

### Skills used include:

Washing, measuring, peeling, chopping, crushing, boiling/simmering and frying.