



BASIC VEGETABLE SOUP

Here is a basic soup recipe you can make with your Garden Globe soup pack.



SERVES:

4

PREP TIME:

10 MINUTES

COOKING TIME:

20 MINUTES

INGREDIENTS:

- *1 medium potato (200g/7oz)*
- *1 medium carrot (75g/2 ½ oz)*
- *1 onion (125g/4 ½ oz)*
- *1 leek (100g/3 ½ oz)*
- *1 litre/1 ¾ pt vegetable stock*
- *White pepper, to taste*

METHOD:

1. Peel the potato, carrot and onion, and chop into small pieces. Chop the leek into similar sized pieces
2. Put the stock into a large saucepan, add the vegetables, and bring to the boil.

3. Reduce the heat, cover and simmer for 20 minutes until the vegetables are soft. Season to taste with white pepper.

Cook's tip

White pepper is the traditional seasoning for this dish and gives it a special flavour, but you can also use black pepper.

Use up

Potatoes, carrots, leeks.

Variations

Try adding a cup of lentils for a protein rich soup. For the meat eaters, try adding a ham rib from the butchers – dead cheap and a lovely flavour!

Extra flavour

A splash of soy sauce adds authentic flavour but taste as you go, because some vegetable stocks and soy sauces can be very salty.

Freezer advice

This dish does not freeze well as the potatoes will tend to disintegrate.

Vegetarian and vegan options

This dish is vegan as long as the stock used is free from all animal products.

Allergy advice

Contains tomatoes, pepper.

