

Homemade Vegetable Soup

Ingredients

1 small onion

1 potato

1 carrot

Select a piece of suitable vegetable or any from the following Leek,
broccoli or celery

1 tbsp oil

1 stock cube (chicken OR vegetable)

Salt and pepper to season (provided by the school)

Method

1. Peel all the vegetables.
2. Grate the carrot and finely chop the other vegetables.
3. Fry all vegetables in the oil.
4. Add the water and stock cube and bring to a boil, simmer with the lid on for about 20 mins.
5. Blend the flour with 4 tbsp. water until smooth and add to the soup - simmer for another 5 mins.
6. Add salt and pepper to season the soup.
7. Blend until you have the texture you require.
8. Pour into container.

