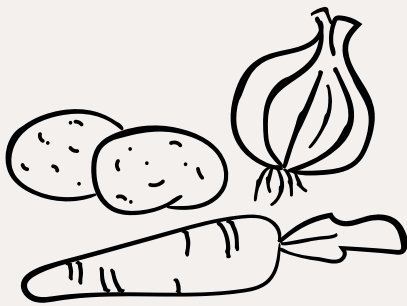


THE SHELTER TRUST

SOUPER CHALLENGE

Vegetable Soup



A brilliant, versatile soup that can be adapted for whatever veg you've got in the fridge.



PREPARATION TIME

10 minutes



COOKING TIME

15 minutes



SERVES

2

INGREDIENTS

200g chopped vegetables such as onions, celery and carrots

300g potatoes cubed

1 tbsp oil

700ml stock

Dollop of crème fraiche and some fresh herbs, to serve

METHOD

Step 1

Fry the vegetables and potatoes in a pan with the oil for a few minutes until beginning to soften.

Step 2

Cover with the stock and simmer for 10-15 mins until the veg is tender. Season to taste. Blend until smooth, then season. Serve with a dollop of crème fraîche and some fresh herbs.

Will freeze for up to one month.

