

Vegetable soup

A quick and easy one pot soup. Perfect for a quick lunch and really easy to adapt to include your preferred vegetables to make it even more delicious.

Ingredients

- 1 large red onion
- 1 leek
- 1 stick of celery
- 1 potato
- 1 carrot
- Tablespoon of oil
- 1 vegetable stock cube
- 400ml boiling water
- Salt and pepper

Method

1. Peel and finely dice the onion, carrot and celery
2. Heat the oil in a medium sized saucepan.
3. Add the onions, carrots and celery and fry over a medium heat for a few of minutes until they softened and the onion starts to brown slightly.
4. Meanwhile peel and dice the potato and slice the leek and add to the pan and fry for a minute.
5. Add the stock cube to the water and stir to dissolve. Add the liquid into the pan and stir well to mix the vegetables and bring to the boil.
6. Reduce the heat to a simmer, add a pinch of salt and pepper, stir to combine and taste to check the seasoning is to your liking and simmer for 15 minutes or until the vegetables are fork tender.

Tips

If you want to add meat to this dish, slice into fine strips and fry in the pan before adding the veg to seal the meat.

You can leave the soup with chunks of veg or blend to make it a smooth soup.