

Harvest vegetable soup

Serves 6



Ingredients (allergens in bold)

- 1 medium-sized potato – peeled and diced
- 2 leeks – trimmed, washed and finely sliced
- 2 carrots – peeled and sliced
- 1 medium-sized onion – peeled and finely chopped
- 2 courgettes – sliced
- 50g frozen peas
- 1 small can chopped tomatoes
- 1 **vegetable stock cube**
- ground black pepper
- 750ml water
- 1 tablespoon fresh parsley – chopped

Method

1. Put all the prepared vegetables, except the peas and tomatoes, in the pan.
2. Add the water and stock cube.
3. Heat the mixture to boiling point, and then reduce the heat to a simmer. Put the pan lid on and cook for 20 minutes or until the vegetables are tender. Add a little more water, if needed.
4. With a slotted spoon, carefully remove approximately a third of the vegetables from the pan. Purée them in a blender with half the canned tomatoes.
5. Return the puréed vegetables to the pan, then add the peas and the remaining tomatoes. Reheat gently until hot.
6. Serve with warm crusty bread.



Equipment

- peeler
- vegetable knife
- chopping board
- measuring jug
- can opener
- large saucepan with lid
- wooden spoon
- tablespoon
- slotted spoon
- ladle
- blender

Recipe notes and tips

- Allow the soup to cool before blending and follow guidelines in the appliance handbook regarding the maximum quantity that can be blended.
- Other vegetables can be used if available, for example diced butternut squash or summer turnips.