

Recipe for Anything and Everything Soup

Makes enough for four portions

Ingredients



Base

- 1 onion
- 1 potato (optional) (use up leftover mash)
- 1 stick celery
- 1 carrot
- 1 clove of garlic (optional)
- 1 tbsp oil
- 450 mls water with 1 stock cube (or home made stock)

Additions

300 gr chosen vegetables, raw or pre cooked

Flavouring e.g. 2 cm finely chopped fresh ginger, 1-2 tpsps dried herb or spice, or 1-2 tablespoons fruit juice

Other additions as you wish e.g. bits of chicken, pasta, lentils, already cooked beans,

Other flavouring – e.g. fresh chopped herbs as topping

Equipment



Chopping board

Small knife

Large saucepan with lid

Greaseproof paper circle/piece of greaseproof paper or baking parchment (optional)

Jug

Spoon

Blender

TIP – you can mix almost anything to make a lovely soup. Try carrot and orange, celeriac and apple, celery and thyme, ginger and parsnip, sweet potato and chorizo, Red soup (red onion, red peppers, and tomatoes, Green soup (green peppers, broccoli, any leafy veg)

Method



Wash and chop potato, carrot and celery – there is no need to peel unless old and/or thick.

Peel and chop onion (chunky) and garlic clove (quite small) if using.

Put oil in saucepan with onion and garlic and heat on medium heat – shake or stir to ensure they are covered in oil. Add ginger now if using.

After 2 minutes add the rest of the uncooked chopped hard vegetables and dried herbs or spices If you can, cover with greaseproof paper. Turn heat down so vegetables do not stick. put the lid on the pan,

Keep on a low heat for 5-10 minutes - shake or stir regularly.

Remove paper, and add stock (and fruit juice if using) – bring to boil and simmer with lid on for 15 mins.

Add additional vegetables based on how much time they need to cook – already cooked vegetables should go in five minutes before the end of cooking time.

Cool slightly and blend if you want to. Serve while still hot, sprinkled with chopped fresh herbs – optional

Notes



You could add cheese cubes or croutons as you serve

If you are using soft or ready cooked vegetables put them in later as they need less cooking.

Non-meat soups can be stored in the fridge for two days, or can be frozen for up to a month.

Vary the texture – you can blend vegetable only soups to make a rich thick soup; or you can blend some of the soup to keep the original veg showing but thicken the base; or you can leave unblended. Do not blend after adding pasta.