

Vegetable Soup

This delicious soup can be made using almost any cooked vegetables you have leftover in the fridge. This recipe is great for lunch or a light supper.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (330g):

Energy 407kJ 97kcal 5%	Fat 3g 4%	Saturates 0.8g 4%	Sugars 7.9g 9%	Salt 0.12g 2%
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of an adult's reference intake.
Typical values per 100g: energy 123kJ/29kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Large saucepan
Wooden spoon
Pan stand
Measuring jug
Blender or hand-held blender
Bowl or container to store

Ingredients

Serves 4

1 small onion (if not already in the vegetable mix below)
2 cloves garlic (as above)
1 x 5ml spoon vegetable oil
Approximately 500g mixed cooked vegetables
500ml chicken stock
(OR 1 x reduced-salt vegetable stock cube dissolved in 500ml boiling water)
250ml semi-skimmed milk
Ground black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Keep a container in the fridge into which you can add your leftover vegetables after each meal. Make sure they are not left in the fridge for more than 3 days or they will become unsafe to eat. If you don't think you will have enough, freeze them until you do, then make the soup.
- Don't put beans, mangetout or sugar snap peas in this soup as they are stringy and won't blend properly.
- When blending hot soup the pressure can build up inside the blender, which is why it is very important to follow 3 rules:
 1. Never fill the blender more than half full.
 2. Always cover the lid with a thick tea towel.
 3. Always hold the lid down when the blender is on.

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Method

1. Peel and finely chop the onion and garlic (if using and not already in your cooked vegetables).
2. Heat the oil in the saucepan over a medium heat. Fry the chopped onion and garlic (if using).
3. Add the rest of the cooked vegetables to the saucepan, along with the stock and milk. Bring to the boil and simmer for 3 minutes.
4. Add black pepper to taste (if using).
5. Transfer in batches to a blender (or use a hand-held blender) to liquidise to your preferred texture – chunky or smooth.
6. Reheat the soup until bubbling hot and serve immediately.

Something to try next time

- If you have any chicken meat left over from your roast, shred some into the soup when reheating it.
- If you need to bulk up the vegetables, add a can of drained sweetcorn or some frozen peas.
- You can also add baked beans or stale bread to your soup to thicken it.
- If you use roasted beetroot in this recipe it will come out a bright pink colour!

Prepare now, eat later

- Cook extra vegetables with your evening meal, cool and then store in the fridge to make soup the next day, to save you time.
- The soup can be kept in the freezer for up to 1 month in sealed containers or freezer bags. Defrost before reheating it until piping hot.

Skills used include:

Weighing, measuring, peeling, chopping, blending, boiling/simmering and frying.