

Golden Vegetable Soup



Ingredients

400g raw vegetables (such as celery, carrots, onion, sweetcorn etc.) diced
2 garlic cloves, peeled and diced (optional)
600g potatoes, peeled and diced
2 tablespoons olive oil
2 vegetable stock cube
1400ml boiling water
Salt and black pepper

Method

- 1) Heat oil in a large pan
- 2) Fry vegetables, garlic (if using) and potatoes over a medium heat for 5 minutes. Take care not to brown them
- 3) Dissolve the stock cube in 700ml of boiling water and add to the pan. Bring to the boil.
- 4) Reduce the heat and simmer for 15-20 minutes until the potatoes are soft.
- 5) Leave to cool slightly before liquidising until smooth if desired.
- 6) Season to your own taste.

Serves 4

This recipe is extremely versatile as you can use whatever vegetables you have in or which are in need of using up.

If you don't have a blender or prefer not to liquidise your soup take account of this when preparing your vegetables!