



VEGETABLE SOUP

Top Tip

Make soup using this ratio - 1:1:3:4

1 part onion

1 part potato

3 parts vegetable (s)

4 parts stock

Ingredients:

- 50g butter
- 1 cup potatoes, cut into cubes
- 1 cup onions, cut into cubes
- 3 cups vegetables of your choice, cut into cubes e.g. carrots, leeks
- 4 cups stock (chicken or vegetable stock)
- 1 bouquet garni sachet,
- seasoning salt, pepper, chili powder

Method:

1. Melt the butter in a saucepan. When the butter starts to foam, add the potatoes and onions, and mix them until well coated with butter.
2. Season with salt and pepper.
3. Cover the saucepan and allow to sweat on a gentle heat for 10 minutes.
4. Add the vegetables, bouquet garni and stock.
5. Boil until the vegetables are soft. Do not overcook or the vegetables will lose their flavour.
6. Liquidise the mixture. Serve and enjoy!

