

stepWell

a change in the right direction

healthy recipe



Stepwell's mobile market is funded by Scottish Government Fairer Scotland Fund (FSF) via Inverclyde Alliance



VEGETABLE SOUP



Preparation time: 15 minutes
Cooking time: 35 minutes



Ingredients

1 tablespoon of olive oil
1 onion
1 leek
3 carrots
¼ turnip
1 pint of vegetable stock (no extra salt required)
chopped parsley to garnish



Method

- Chop the onion. Wash and chop the leek. Peel and cut the carrot and turnip into cubes
- Cook the onion and leek gently in the olive oil for 5 minutes until soft
- Add the carrots, turnip and the stock and bring to the boil. Reduce heat and simmer for 30 minutes.
- Leave to cool for 5 minutes then whizz up in a food processor or hand blender
- Add more hot water to thin soup if necessary
- Sprinkle with the chopped parsley before serving

For a change!

Try adding cumin seeds before whizzing the soup for a spicier taste!