

Spring in to Vegetable Soup

Very rewarding fresh, nutritious soup! I recommend to blitz / blend to encourage children to eat this soup and give consistency. Notice I have no Salt in the recipe as stock cubes already contain a lot of salt therefore “ don’t add Salt to Salt “. I am a believer of less is more when it comes to flavors’ hence the ingredients list is manageable and all flavors within should be identifiable with one not overpowering the other.

This soup is Vegetarian, Gluten & Dairy Free! Prep Time: 15 minutes Cook Time 30 minutes Serves 10-12

Ingredients

100g Leeks
200g Carrots
200g Potato Sweet if you wish
100g Celery
1 Clove Garlic
2 large onions
2 Vegetable Stock Cubes
2½ Liters Water
Fresh Ground Black pepper
Pinch Sugar
Parsley chopped
Sprig of Thyme

Method

Roughly chop the leeks and wash.
Peel and chop the carrots and celery.
Peel potatoes and grate.
Crush the garlic
Peel and chop the onions
Dissolve stock cub in warm water
Bring leeks, carrots, onions, garlic, potato, thyme and stock to the boil then simmer for 25 minutes
Then add freshly grounded pepper and pinch of sugar which will enhance the sweetness of the vegetables
Pour soup into blender and blitz for approx one minute return to pot and bring back to the boil and add chopped parsley for freshness at last minute.
Once you have blended you will notice a vibrant rustic childhood memory soup.
Once cooled and refrigerate for further use and use within 5 days.

- Put all vegetable peeling in to compost bin
- Peel potatoes and grate last this to release more starch
- Preserve crushed garlic in little oil cover and store in fridge for up to one month
- A good twist of pepper mill per person is a good guide
- Be careful when blitzing as liquid is extremely hot

Serving suggestions

- little zest of lime
- croutons (if non celiac)
- chopped chives
- pesto

Freezing – This soup will freeze very well and always remember to freeze in portions as it will freeze quicker but defrost quicker.

You must never refreeze once thawed.