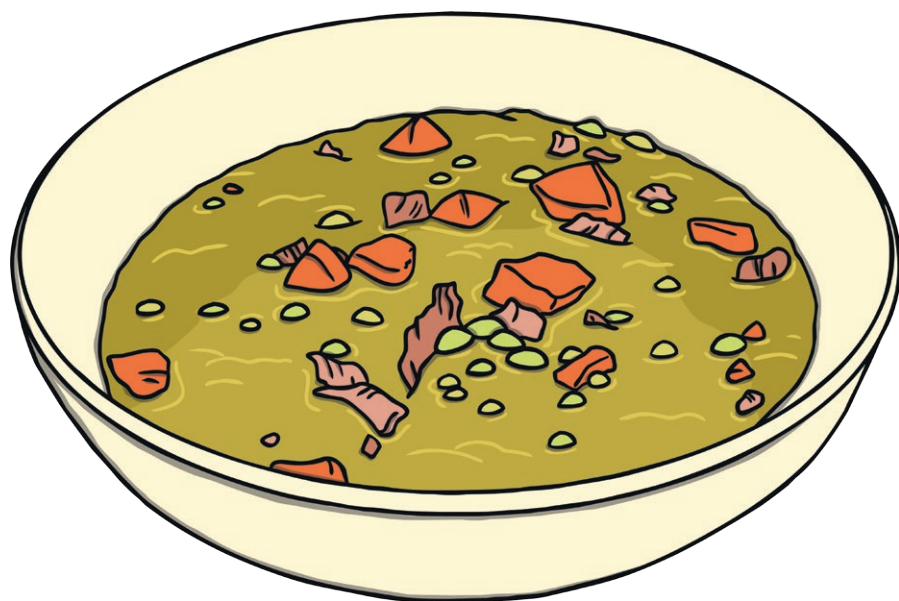


How to Make Vegetable Soup

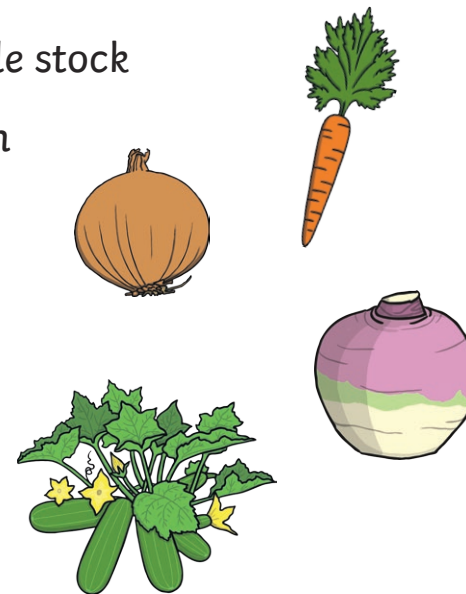


How to Make Vegetable Soup

You will need...

Ingredients

- 2 litres of vegetable stock
- 1 butternut squash
- 2 sweet potatoes
- 1 small swede
- 4 medium carrots
- 1 courgette
- 1 onion
- 2 bay leaves
- 1 tablespoon of vegetable oil



Equipment

- Large pan
- Hob
- Vegetable peeler
- Chopping knife
- Chopping board
- Blender
- Wooden spoon



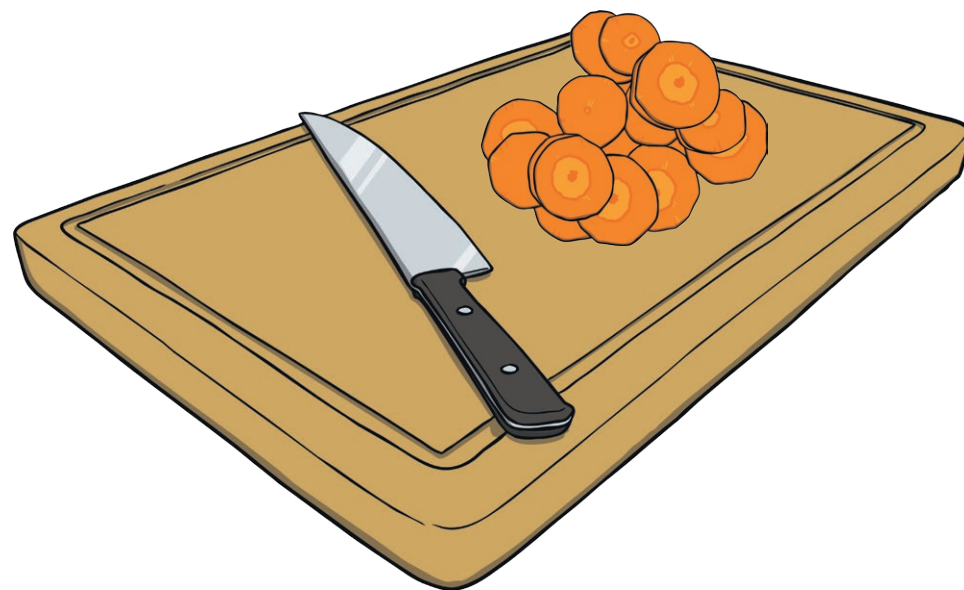
Step 1

Finely chop the onion into thumbnail sized squares.



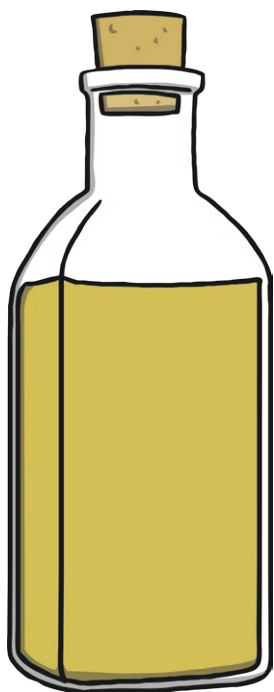
Step 2

Peel the butternut squash, sweet potatoes, swede, carrots and courgette. Then cut the vegetables into 1 centimetre cubes.



Step 3

Fry the onion in the oil for about ten minutes until it has softened.



Top tip: To make sure that the onion doesn't burn, keep stirring. If it starts to cook too quickly, turn the heat down a little and add a splash of cold water to the pan.

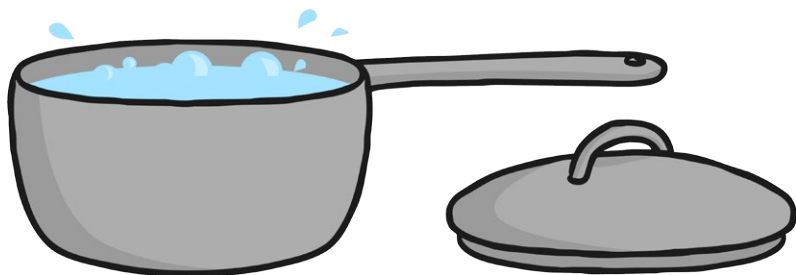
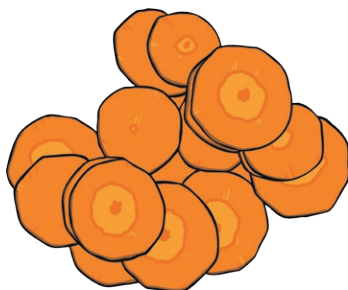
Step 4

Add the stock to the pan with the onions.



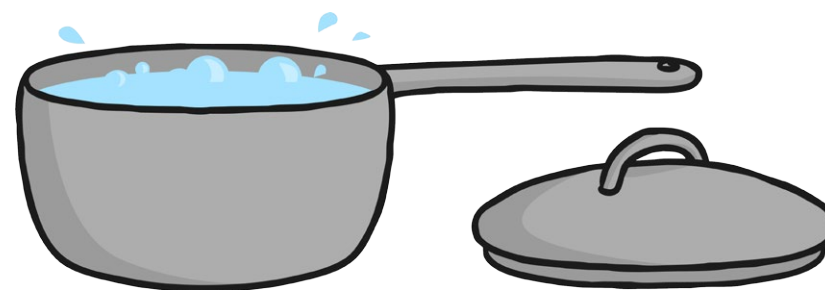
Step 5

Add the chopped butternut squash, sweet potatoes, swede, carrots, courgette and bay leaves to the pan and bring to the boil.



Step 6

Let the soup simmer for 25 minutes.



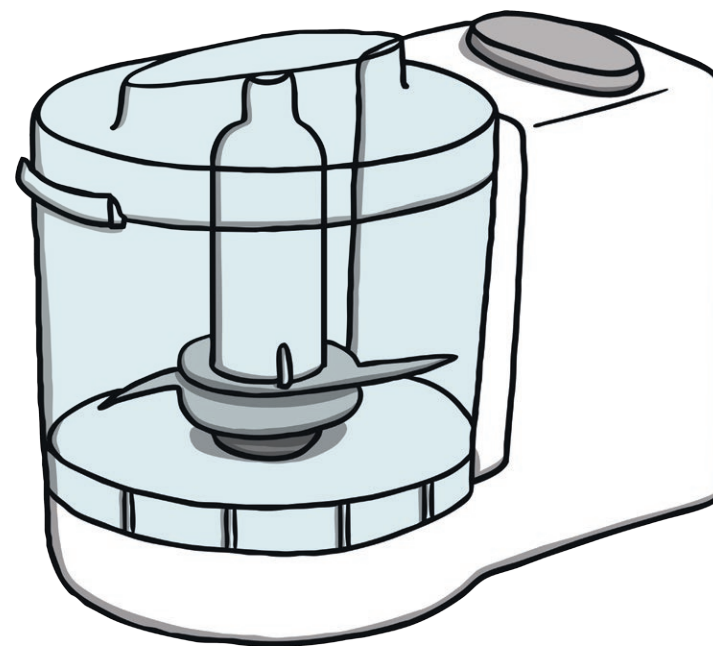
Step 7

After 25 minutes, check that the vegetables are soft. If they are still a little bit hard, cook the soup for a bit longer.



Step 8

Carefully remove the bay leaves and blend the soup until the vegetables are a good size.



Top tip: You can make the soup as lumpy or smooth as you like.

Step 9

Serve the soup in bowls. It is great eaten with chunky bits of granary bread and a swirl of cream!

