

Spring Vegetable Soup.

Ingredients:

1 tablespoon oil
1 medium potato, peeled and diced
2 leeks, washed and finely sliced
2 carrots, peeled and diced
1 medium onion, peeled and finely diced
2 courgettes, washed and diced
50g frozen peas
1 small tin chopped tomatoes
1 vegetable stock cube
Ground black pepper
750ml water
1 tablespoon fresh parsley, chopped

Method:

1. Heat the oil in a large saucepan and add the potatoes, leeks, carrots, onion and courgettes.
2. Sweat the vegetables for 5 minutes.
3. Add the water, black pepper and stock cube, and bring the mixture to the boil. Reduce the heat and simmer for 20 minutes, adding more water if necessary.
4. Add the tomatoes, peas and parsley and cook for a further 10 minutes until all the vegetables are cooked through.

Enjoy!