

SOUPS



Basic soup recipe to serve 4 :

1 tablespoon oil...
1 x small onion or leek...
600gms of selected vegetables...
(carrots, squash, beetroot, parsnip,
celery, potato etc....)
750ml of vegetable stock

Method :

Gently heat the oil...
Add onion/leek...
Gently fry for 5mins...
Stir in the vegetables...
Add the stock...
Bring to a simmer and cook until the
vegetables are tender...
Take off the heat and liquidise...

More instructions at
www.bbcgoodfood.com/soup



***It is not just the soup itself but what
you add to it that turns it into a
wholesome meal.***

Here, smoked salmon on seeded
crispbread with coleslaw and salad
have been added to this squash,
apple and ginger soup.



Nuts, cream cheese on crispbread
and a tangerine have been
added to a celery, apple and
parsnip soup.



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Home-made green soup of broccoli, peas, onions and celery with seeded crispbread.



Parsnip, celery and apple soup with coleslaw and seeded crispbread.



A well-seasoned tomato soup with carrot, celery and oat biscuits.



Squash soup, with celery, tomato and rye bread.

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There are so many options for delicious soups you can make at home. You can vary the ingredients, the consistency, and what you put with them.

These ingredients are in preparation for a minestrone soup.



A minestrone soup, packed full of vegetables is a meal in itself.



And soups are always good for making the most of 'leftovers'.

This one is of leftover chicken and potato added to chorizo, spinach, and chickpea soup.



Wholesome soup of leftover lamb, with onions, carrot, lentil, celery, and sweet potato served with preserved lemon and mint.

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A 'complete' soup of chicken, chorizo, spinach, new potato, chickpea and tomato.



Thick pea and mint soup with nut crispbread, cucumber, celery and vine tomatoes.



Spiced carrot soup with hummus on crispbread, coleslaw and tomatoes.



Salmon, fennel and new potato chowder with yoghurt bread.