

Vegetable Soup



Ingredients:

500ml Water

200g Vegetables of your Choice, e.g.:

- Celery
- Leek
- Carrot
- Onion
- Mushrooms
- Broccoli



Please bring a liquid tight container to carry your soup home in.

1 Stock Cube (Vegetable or Chicken)

1 Teaspoon Fresh or Dried Herbs

Salt and Pepper: School to Provide



Method:

1. Weigh and measure out all ingredients accurately.
2. Place a jug on the weighing scales and measure out 500ml water. Place the water in a saucepan at the front of the hob, add the stock cube. Bring this to the boil. Once boiling, reduce the heat so the liquid simmers.
3. Wash the vegetables.
4. Using the bridge hold and claw grip cutting methods, cut the vegetables into even size pieces.
5. Add vegetables and herbs to the stock, move the saucepan to the back of the hob. Bring to the boil and then simmer for about 15 minutes until all the vegetables are soft.
6. Remove the saucepan from the hob and place on a pan-stand.
7. Season with salt and pepper to taste.
8. You may wish to leave the soup chunky, if you would prefer the soup to be smooth, use a handheld blender and blend to the desired consistency.
9. Pour into your liquid tight container.