

# Vegetable Soup

## Ingredients:

- 750ml Water
- 2 Sticks of Celery or 1 Large Leek
- 1 Potato
- 1 Carrot
- 1 Onion
- 1 Tablespoon Oil
- 1 Level Tablespoon of Plain Flour or Cornflour
- 1 Stock Cube
- Salt and Pepper
- Chopped parsley



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



## Method:

1. Weigh and measure out all ingredients accurately.
2. Measure out the water using your weighing scales and 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. Peel all the vegetables.
4. Grate the carrot.
5. Use the bridge hold cutting method to cut the potato and onion. Ensure they are cut into small even size pieces.
6. Add vegetables to the stock bring to the boil. Move the saucepan to the back of the hob and simmer for about 20 to 25 minutes until all the vegetables are soft.
7. Blend the flour or cornflour with 4 tablespoons of water until smooth in a small bowl. Pour into the soup, stir thoroughly with a white plastic stirring spoon and simmer for 5 minutes. Check the flavour, adding salt, pepper and chopped parsley.
8. Remove the saucepan from the hob and place on a pan-stand.
9. You may wish to leave the soup chunk, if you would prefer the soup to be smooth, use a handheld blender and blend to the desired consistency.
10. Serve.