



Recipes

SGF
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Harvest Vegetable Soup



vegetarian



vegan



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Harvest Vegetable Soup

Serves 4

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vegetarian vegan



Ingredients

- 2 Medium Sized (170g) Potatoes
- 2 (300g) Leeks
- 2 Medium (160g) Carrots
- 1 Medium (150g) Onion
- 2 Medium (200g) Courgettes
- 2 Tablespoons (60g) Frozen Green Peas
- 1 Small Tin (200g) Chopped or Plum Tomatoes
- 1 (7g) Vegetable Stock Cube (use reduced salt whenever possible)
- (750ml) Water
- 1 Pinch Black Pepper to taste

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Nutritional Information

Based on
a single
serving of
363g

Energy
88 kcals
329 kJ

Fat
0.1 g

Saturates
18.1 g

Sugar
10.4 g

Salt
0.8 g

Method

1. Wash, peel and chop the potatoes, leeks and carrots. Peel and chop the onion. Wash and slice the courgette.
2. Put the prepared vegetables, except the peas and tomatoes, in a large pan.
3. Add the water and the stock cube.
4. Heat the mixture to boiling point and then reduce the heat to a simmer. Put the pan lid on and cook for 20 minutes or until the vegetables are tender. Add a little more water if needed.
5. Add the frozen peas and the tinned tomatoes. If using plum tomatoes, chop them up using a spoon when in the pan. Cook for 5 minutes and then leave to cool for 10 minutes.
6. Use a blender or potato masher to blend the soup to how you like it (optional).
7. Season with black pepper and reheat gently. Serve hot.

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Recipe courtesy of
Parent Club

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