



Vegetable Soup



Ingredients

Serves 4-6

- 1 parsnip - peeled, halved and sliced
- 1 medium-sized onion - peeled and finely chopped
- $\frac{1}{4}$ cabbage - shredded
- 1 courgette - halved and sliced
- 1/2 can chopped tomatoes
- 50g frozen peas
- 1 dessertspoon (10ml) bouillon powder
- Pinch of ground black pepper
- 750ml water



Equipment

peeler, vegetable knife, chopping board
measuring jug, can opener, large saucepan with lid
wooden spoon, measuring spoons, hand blender

Method

1. Put all the prepared vegetables, except the peas and tomatoes, in the pan.
2. Add the water, pepper and bouillon powder.
3. Heat the mixture to boiling point, and then reduce the heat to a simmer.
4. Put the pan lid on and cook for 20 minutes or until the vegetables are tender.
Add a little more water, if needed.
5. Briefly purée the soup with a hand blender with the canned tomatoes.
(leaving most of the vegetables whole).
5. Add the peas and reheat gently until hot.
6. Serve and enjoy!