

CLUB COOK

HOMEMADE VEGETABLE SOUP



THE RED HEN
PROJECT

We have received support from the
 Cambridge
Community
Foundation

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Vegetable soups are quick, easy and cheap to make. Change the vegetables to what you have (or what you have left in your fridge!) it can be left chunky or blended smooth. Children often prefer a smooth soup. The bread is simple, quick and looks fantastic. It's delicious eaten warm and with the soup makes a hearty meal full of protein.

Makes enough for 8 people

Time to make: 10 min.

Time to cook: 15 min.

INGREDIENTS

- 2 small **onions** (or use leeks)
- 1/2 a **butternut squash** (or any other veg)
- 2 **carrots**
- 1 **tin white beans** eg cannellini
- 1 **veg stock cube**/1 teaspoon stock powder
- 1 teaspoon smoked paprika (optional)



1

Chop the onion and start cooking in a little oil. Chop the other veg into small pieces and add to the pan. Stir & cook for a few minutes.



2

Make up 1 litre of stock with the stock cube/powder.

Drain the beans and add to the pan with the stock.



3

Simmer for about 15 mins or until the carrots etc are soft.



4

Take off the heat and blend with a hand blender (or leave chunky if you like). Taste it to check and add salt & pepper if needed.

TOP TIP! You can use any vegetable you like with this, just always start with the onion and add stock. You could try roasting pepper in the oven before adding them or keep it simple and use frozen sweetcorn.