

Winter Vegetable Soup

Helpful Hint

For thicker soup add more Vegetables and Potatoes and keep the Liquid amount the same. You can always make it thinner after the event by adding more water and it means that it takes up less space when freezing

Ingredients

2 oz (50g) Unsalted butter, cut into pieces
3 Carrots, trimmed and sliced
2 Courgettes (or a marrow) trimmed and sliced
1 small Broccoli
1 Leek, trimmed and sliced
(Or choose any combination of vegetables that you wish)
1 Onion, finely chopped
12 oz (350g) Potatoes, sliced
2 pints (1.2 litres) of water mixed with 4 cubes of Vegetable stock
Salt and freshly ground pepper
A little freshly grated nutmeg
¼ pint (150ml) Single cream (optional)

Method

Melt the butter in a saucepan, add the Celery and Onion and cook gently, without bowling, for about 10 minutes. Add the Potatoes, Stock, Seasoning and Nutmeg.

Bring to the boil, cover and simmer gently until the vegetables are tender.

Allow to cool slightly, then purée in a blender or food processor until smooth. (Some like to leave some chopped veg aside, so that you can add the chunks afterwards in to the soup, so that it is not all smooth and pureed).

Reheat thoroughly and check the seasoning. Stir in the cream, if using.