

Winter vegetable soup

When its cold outside and you want something warm and delicious to eat, homemade soup is easy and economical to make.

Homemade soup is packed with vitamins and nutrients required for a healthy diet.

This version has some of the vegetables that I have chosen which I like, but you can change them and chose your own families favourites.

This is a good dish to get the children to help you peel, chop, and prepare the ingredients, this will develop their cooking skills and will want to taste the end results of their skills.

Winter vegetable soup. (For a family of 4)

Ingredients

4 medium size potatoes peeled and chopped into cubes.

Small butternut squash peeled and chopped.

2 medium carrots peeled and sliced.

1 red pepper or any other colour of your choice, deseeded and chopped.

1 medium onion peeled and diced.

3 cloves garlic (optional) but very healthy and tasty.

Small mug of peas.

Half mug of red spilt lentils.

1 vegetable stock cube.

Olive oil to cover the base of the sauce pan.

1 half litres of water.

Season with pepper and your favourite choice of fresh or dried herbs.

Method.

Once all the vegetables have been peeled chopped

Add the olive oil to the sauce pan and turn the heat onto a medium setting.

Add the ingredients not including the peas and lentils into the sauce pan with the warmed olive oil.

Stir for a few minutes until all the vegetables have started to soften lightly.

Add the water and the vegetable stock cube including the seasoning.

Next add the lentils and peas, stir well until stock cube has dissolved well.

Keep stirring occasionally, put a sauce pan lid on.

Turn the heat to low/medium setting and cook until all vegetables and lentil are soft.

Serve warm with bread rolls or crotons. Enjoy.



