

# Vegetable Soup

Serves 4

Preparation and cooking time approx. 20- 30 minutes

## Ingredients

- 1 Teaspoons vegetable oil
- 80 Grams diced onion
- 120 Grams diced potato
- 1x Vegetable stock cube
- 120 Grams vegetables of your choice
- Salt and pepper

## Method

1. Wash all ingredients
2. Peel and dice the onion, potato, and your choice of vegetables.
3. Make the stock following the packet instructions
4. Heat the oil in a pan add the onion, potato and vegetables and fry until soft
5. Add the vegetable stock and simmer until cooked, season with salt and pepper
6. Serve as a chunky soup or if available puree in a food processer
7. **Please ensure soup is served piping hot**

**PLEASE BE AWARE OF THE SAFETY ASPECT AND KEEP YOUR CHILDREN AWAY FROM HOT PANS AND OVENS.**