

Easy peasy soup

There are so many variations of soup you can make, and it is as simple as choosing your favourite vegetables!

You could add potatoes, carrots, pumpkin, butternut squash, broccoli, cauliflower - the list is endless! The colour of your soup will depend on the vegetables you add - you could try to make a green soup, an orange soup or even a purple soup!

1. Chop your chosen vegetables into bitesize pieces
2. Add one chopped onion and any seasonings, such as garlic, herbs or spices
3. Add one vegetable stock cube. You can use low salt options if you prefer.
4. Cover the vegetables with hot water and cook on the hob until the vegetables are soft.
5. You can serve this as it is, or mash with a potato masher for a smoother texture