

## Home Made vegetable Soup *Week 2*

### **Ingredients**

- 3 large carrots or 4-5 smaller ones
- 1 large parsnip or 2 smaller ones
- 1 small turnip
- The inside stalks of a celery including the leaves
- 1 medium leek
- 1 large onion
- 2 heaped tsps of tomato puree
- 1 heaped tsp of corn flour dissolved in a tbsp of water
- 2 chicken or vegetable stock cubes

### **Method:**

Chop all the vegetables and place in saucepan or pressure cooker and cover with water (not quite covered if in a pressure cooker)

Bring to the boil and simmer until all the vegetables are soft (about 10 minutes in the pressure cooker)

Add 2 stock cubes, tomato puree, simmer for a further 5 minutes

Add the dissolved corn flour stirring all the time and bring back to the boil a couple of minutes