

Golden Vegetable Soup

Ingredients

1 onion

2 tablespoons oil

1 potato

2 carrots

2 sticks of celery or 1 leek

750ml boiling water

1 vegetable stock cube

Salt and pepper

Any other vegetables you would like to use

Method

Peel all the vegetables that need to be peeled, then wash them thoroughly.

Chop the onion finely then chop the remaining vegetables.

Put the oil in a large saucepan then fry the onion, stirring, for 3-4 minutes.

Add the rest of the vegetables and continue to fry for 5 minutes while stirring.

Boil a kettle of water. Put the stock cube into a measuring jug then pour over the boiling water. Stir to dissolve the cube.

Pour the stock over the vegetables. Bring to the boil then reduce the heat to a simmer.

Simmer the soup for about 25 minutes to soften the vegetables.

Remove the soup from the heat then carefully pour into a liquidiser or use a stick blender to blend until the soup is smooth.

Pour the soup into a bowl and sprinkle with parsley or croutons.