



Let's Get Cooking - Vegetable Soup

Whizz up this versatile vegetable soup in a blender using your favourite vegetables. Serve with a dollop of crème fraîche and some herbs



Ingredients

200g vegetables , such as onions, celery and carrots, chopped
300g potato , peeled and chopped
700ml vegetable stock
crème fraîche and fresh herbs, to serve

Method

STEP 1

Put the vegetables, potatoes, and stock into a blender, and blend until smooth. Make sure you don't fill the blender above the max fill line.

STEP 2

Once complete, season, and heat on a medium heat - note do not boil.

STEP 3

Pour into bowls with a dollop of crème fraîche and some herbs.

Nutrition: per serving

kcal:	166
fat:	1g
saturates:	0g
carbs:	32g
sugars:	9g
fibre:	7g
protein:	4g
salt:	0.95g