

# Vegetable soup

## Ingredients

1 onion  
1 carrot  
1 leek  
1 potato  
1 celery stick  
1x 10ml spoon oil  
1 stock cube and 600ml boiling water  
1 x 15ml spoon coriander



## Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, measuring jug.

## Method

1. Prepare the vegetables:
  - peel and chop the onion;
  - top and tail, peel and dice the carrot;
  - top and tail, then slice the leek;
  - peel and cube the potato;
  - slice the celery;
  - chop the coriander.
2. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
3. Add the stock to the saucepan and bring to the boil.
4. Add the potatoes and simmer for 20 minutes.
5. Stir in the chopped coriander and serve

## Top tips

- Try using a sweet potato.
- Vary the types of vegetables used depending on what is in season.
- Add canned or frozen sweetcorn or a can of beans.
- If you have a blender, blend the soup.
- Try adding different herbs and spices.

## Food skills

- Measure.
- Peel.
- Trim, dice, slice and chop.
- Fry.
- Boil and simmer.

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