



20-25 mins

Lunch Recipe

Chunky Vegetable Soup (Hob)

Allergens



BARLEY



WHEAT

Utensils



Saucepan



Chopping board and sharp knife



Colander



Vegetable peeler

You will need...



250ml boiling water



half a white onion



one fist size potato



one medium size carrot

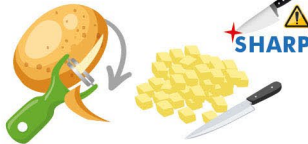


1 vegetable oxa stock cube



2 cabbage leaves

- 1** Peel and chop the potato into cubes



- 2** Peel and chop the carrot



- 3** Peel an onion and cut in half. Chop half of the onion into thick pieces. (Put the other half in the fridge)



- 4** Break off 2 cabbage leaves and rinse under the tap



- 5** Cut the cabbage leaves into strips



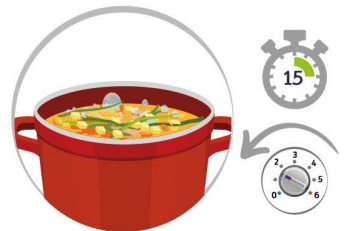
- 6** Pop a saucepan on the hob and set to a medium /high heat



- 7** Crumble the stock cube into the boiling water and mix. Add the vegetable stock and all the vegetables to the pan



- 8** Bring to the boil. Once boiling, reduce heat and let simmer for 15 minutes



- 9** Transfer to your favourite bowl. Serve with a slice of granary bread to dip in the soup.



Enjoy your lunch!