

Golden Vegetable Soup:

Ingredients:

- 1 Potato
- 1 Carrot/Parsnip
- 600ml Water
- 1 Leek
- 1 Vegetable Stock Cube
- Salt/Pepper
- 1 Onion
- $\frac{1}{2}$ tbsp Chopped Parsley

Equipment:

- Saucepan
- Chopping Board
- Sharp Knife
- Peeler
- Teaspoon
- Jug
- Wooden Spoon
- Plate

Method:

1. Peel and wash all the vegetables
2. Dice the vegetables into small pieces. Fry the vegetables in the oil for 4 - 5 minutes on a medium heat.
3. Add the water, stock cube and seasoning. Bring to the boil, turn down heat and simmer until all the vegetables are cooked.
4. If the soup is too thin add flour and water to blended together and cook for 2 minutes.

Notes:

- Most vegetables you choose will need to be diced
- Any sauces, tinned tomatoes, herbs, spices, purees or pastes will be added with the water