

## Vegetable Soup

serves 6 – 8

20g dairy free margarine  
½ medium onion  
2 cloves garlic, crushed  
2 carrots  
1 stick celery  
½ leek  
1 small potato  
2 leaves cabbage / greens  
A few sprigs thyme and parsley  
1 ltr / 2pts fresh stock or vegetable stock powder made up with water  
ground white or black pepper



1. Finely dice the onion.
2. Prepare and wash the vegetables - cut the leek along the length (leaving the root together), run the layers under a running tap to clean. Peel the carrots and potato.
3. Cut all of the vegetables into small cubes. Cut them all the same size so they cook for the same amount of time. Finely shred the greens. Crush the garlic.
4. Melt the margarine in a large saucepan and add the onion. Cover with a lid and place over a low heat to soften. Stir the garlic into the onion, stir for a minute before adding the rest of the vegetables except the greens, stir and replace the lid. Leave to soften over the heat for a few minutes without colouring.
5. Pick and chop the herbs, add to the vegetables.
6. Stir in the stock or stock powder and water. Bring to the boil then reduce the heat and simmer for 10 minutes.
7. Stir in the greens and cook for 2 minutes.
8. Taste the soup and correct seasoning with salt and pepper.

The soup can be eaten like this or pureed in a food processor. If the soup is too thick when pureed, the consistency can be corrected by adding more water.