

SECTION 1 - RECIPES AND PREPARATION

Activity Sheet 1—Finding recipes

Find four recipes for vegetable soup from different sources. Write out the recipe on this sheet or attach print outs/photocopies. Continue on a separate piece of paper if necessary.

From a magazine

From a cookery book

From the internet

From somewhere else (e.g. ask a friend or relative)

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Resource Sheet 1—Vegetable Soup Recipe

Ingredients

1 tbsp oil
190g onions, chopped
200g potatoes, diced
150g celery, finely chopped
220g leeks, sliced
200g carrots, diced
80g lentils
3 pts vegetable stock
1 tsp dried mixed herbs

Method

Heat the oil in a large saucepan.
Add the vegetables and potatoes, cover and cook for 5 minutes until soft.
Add the stock, dried herbs and lentils.
Simmer for about 30-35 minutes.
Add pepper to taste.

Top Tips

You can leave the soup chunky or mix in a blender if you prefer it smooth.

Serve with thick, crusty, wholemeal bread to make a hearty meal.

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