# A picture containing indoor, food, bowl, soup  Description automatically generated**Vegetable Soup**

**Ingredients**

1 onion

1 carrot

1 leek

1 potato

1 celery stick

Spray oil

1 reduced salt vegetable stock cube

600ml boiling water

1 x 15ml spoon (1 tablespoon) coriander

**Serves 2**

**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. Spray the saucepan with oil and fry all the vegetables, except the potatoes, for 5 minutes.
3. Crumble the stock cube into the pan and pour over the boiling water. Stir well.
4. Bring to the boil.
5. Add the potatoes and simmer for 20 minutes.
6. Stir in the chopped coriander and serve.

Eat well for you and the planet! Top tips

* Focus on fibre – serve your soup with a wholemeal roll or higher-fibre seeded bread.
* Get at least 5 A DAY – swap the potato for a sweet potato to add to your 5 A DAY.
* Vary your protein – include beans or lentils in your soup to add some protein to the dish.
* Reduce food waste – use up any vegetables in your fridge that may otherwise go to waste. Vegetable that have gone wrinkly or become soft are ideal for a soup!