

Sunshine Soup



Serves 4



Ingredients

50g margarine

1 onion, peeled
and chopped

3 carrots, peeled
and chopped

1 tsp rice

850ml chicken stock

140ml milk

Parsley, chopped

Method

1. Heat the margarine in a pan. When hot, add the carrots and onion and gently fry without browning.
2. Add the stock, milk and rice and simmer until the vegetables are soft (approximately 30 minutes).
3. Blend, then add parsley.

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