

# Cream of Courgette Soup



Serves 4



## Ingredients

- |                                       |  |
|---------------------------------------|--|
| 1 tsp oil                             | 4 courgettes, washed and chopped                               |
| 1 large onion, peeled and chopped     | 2 vegetable stock cubes, dissolved in 1 litre of boiling water |
| 1 large carrot, peeled and chopped    | Double cream or crème fraiche                                  |
| 1 stick of celery, washed and chopped | Pepper   |

## Method

1. Heat the oil, then add the onions, carrot and celery. Cook for 5 minutes until softened.
2. Add the courgettes and stock and season with pepper. Bring to the boil and simmer for 25 minutes until all the vegetables are cooked.
3. Blend and add cream/crème fraiche to taste.

*Submitted by Laura Ritchie, Fife Food Champion.*

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