

# Vegetable Soup



Serves 4



## Ingredients

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 tbsp oil                    | 3 potatoes, peeled and chopped |
| 2 onions, peeled and chopped  | 1 vegetarian stock cube        |
| 3 carrots, peeled and chopped | 500ml water                    |

## Method

1. Heat the oil in a pot.
2. Add the onions and gently fry for 5 minutes.
3. Add the potatoes and carrots and stir.
4. Add the water and stock and stir.
5. Bring to the boil then simmer for 20 minutes.
6. Mash (don't use a blender).

*Submitted by Wendy Gudmundsson, Fife Food Champion.*

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