



## Winter Vegetable Soup

### Ingredients

(It makes lots – so freeze half. You will need a blender)

500g Potatoes  
300g Carrots  
2 large onions  
4 cloves of garlic  
1 large leek  
300g parsnips  
300g swede  
Small bunch of chopped parsley  
2 vegetable stock cubes or 2 tbsp.  
bouillon/broth  
Olive Oil  
Salt and Pepper



### Method

Peel and chop the potatoes, parsnips, swede and carrots roughly into 2cm cubes. Wash and slice leeks. Peel and chop the onions and garlic.

Put enough oil in a big pan to cover the bottom and gently fry the vegetables in this order: potatoes, swede, parsnips, carrots, leeks, onions and garlic. With the lid on, cook gently, stirring occasionally until the vegetables are really soft.

Meanwhile: make the stock. Add the stock cube or bouillon to 2 pints of boiling water. Add to the pan and bring to the boil. Simmer for 5-10 minutes.

Blend in the pan with a hand-blender or in a food processor.

Add salt & pepper to taste and serve with the finely chopped parsley.