

Gardener's Golden Vegetable Soup

This delicious soup tastes even better made with the vegetables you have grown yourself.

What do we need to start?

2 tablespoons of cooking or olive oil
2 tablespoons of flour
Pinch of salt and pepper
1/4 to 1/2 litre of water
1/4 to 1/2 litre of milk
Some mixed, chopped garden herbs in season - parsley, chives etc.
1 of each: onion, carrot, leek, potato, and small swede/turnip
Large saucepan
Small mixing bowl
Wooden spoon to stir soup
Some help from Mum or another responsible person

Instructions:

1. Wash and peel the vegetables.
2. Finely dice the vegetables and put them into the large saucepan with the herbs, cooking oil, and the pinch of pepper and salt.
3. Add water to half cover the vegetables, stir and cook slowly until the vegetables are soft. Don't let the mixture boil dry.
4. Remove from heat and mash vegetables with a potato masher.
5. Mix a small amount of milk with the flour to make a smooth sauce.
6. Add this flour mixture and enough milk to just cover the mashed vegetables; return to the heat and continue to stir until the mixture boils.
7. Simmer for 20 to 30 minutes adding a little more of the flour mixture to thicken the soup as required.
8. Season to taste.