

## Chunky Soup

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

This is a quick and easy "all in one" recipe that can be scaled up (or down) to make a lot of delicious vegetable soup for a large gathering of people.

Note that the recipe uses stock cubes. If you stick to the vegetable ones recommended, then the resulting soup is suitable for vegetarians.

### What do we need to start?

Ingredients per litre (added water) of soup:

100gms of lentils

1 small parsnip

1 large carrot

1 stick celery

1 medium sized potato

1 small onion

small amount of turnip

1 leek

Note that the vegetables in the recipe are only a recommendation and any combination of vegetables (preferably root crops) may be used to make this soup. You might also like to try sweet potatoes, celeriac, bulb fennel, pumpkin or squash. Also try adding peas or beans. You will need roughly 0.5kg of veggies to 1 litre of water.

1-2 (good quality) vegetable stock cubes

1 litre of water

Large saucepan or pot sufficient for the amount of soup you are making

Measuring jugs

If you are young then some help from Mum or a responsible person

Time taken plus cooking time - about 90 minutes

### Instructions:

1. Wash and peel the vegetables.
2. Chop the vegetables and put them into the large saucepan. The larger the cut pieces, the chunkier the soup. Lots of people can help with this but be careful as kitchen knives can be very sharp.
3. Dissolve the stock cubes in hot water in a jug, then add to the vegetables in the pot.
4. Bring to the boil and then reduce the heat to a simmer. Cover the saucepan, stirring the soup from time to time.
5. The soup will be edible after 30 or 40 minutes, but it is best to wait for an hour for the full flavour of the cooking vegetables to develop and the soup to thicken.