

# Make a Meal of the Markets!

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Quick! Affordable! Local! Healthy!



Vegetable Soup

## Quick Vegetable Soup

**Time to prepare:** 30 minutes

**Serves:** Four people

**Cost:** £2.00

### Ingredients

1 medium sized potato  
2 leeks  
2 carrots  
1 onion  
2 courgettes  
50g frozen peas  
1 small tin chopped tomatoes  
Vegetable stock cube  
Pepper and salt  
750 mls water

- 1 Peel and dice the potato.
- 2 Wash and thinly slice the leeks, carrots and courgettes.
- 3 Peel and finely chop the onion.
- 4 Place all the vegetables, except the peas and chopped tomatoes, in a pan with the water and stock cube.
- 5 Gently heat to boiling point. Reduce and heat and simmer (cover with pan lid) for 20 minutes or until the vegetables are tender. Add more water if needed.
- 6 Remove approximately 1/3 of the vegetables and puree them in a blender with half of the tomatoes (alternatively push the vegetables through the sieve using a wooden spoon).
- 7 Return the puree to the pan with the remaining stock and vegetables. Add the frozen peas and remaining tomatoes.
- 8 Re-heat until piping hot. Taste and add seasoning if required. Serve with warm bread.