

Souper Green Soup

10 mins prep 20 mins to cook



INGREDIENTS

1l veg stock

Broccoli/cauliflower stalks

**Few stalks/leaves of
watercress (optional)**

1/2 leek

1 carrot

2 potatoes



METHOD

1. Boil water to make vegetable stock or use stock from previously boiled veg.
2. Slice carrot and leek and chop potatoes into cubes and add to saucepan with stock on medium heat
3. Peel cauliflower and or broccoli stalks, chop into small pieces.
4. Simmer for 15 mins and add the watercress for 5 mins.
5. Leave to cool for 10 mins and then blend.