

OUR RECIPE

VEGGIE
RECIPE

Souper Green Soup

INGREDIENTS

- 1 litre veg stock
- 3 broccoli/cauliflower stalks, chopped finely
- 1 bag of watercress, optional
- 1/2 leek, chopped
- 1 carrot, chopped
- 2 potatoes, cubed



Eating soup is a delicious way to stay hydrated in the winter months.

METHOD

1. Simmer the vegetable stock on a medium heat.
2. Add the leek, carrots and potatoes to the stock.
3. Then add the broccoli/cauliflower and simmer for 15 minutes.
4. Add the watercress for 5 minutes
5. Leave to cool for 10 minutes and then blend.

Serving suggestion- enjoy with a slice of our no flour or yeast bread.