

## Tatton kitchen Garden Vegetable Soup



Vegetables are the perfect ingredient for a healthy diet because they are filled with important nutrients, as well as being low in fat and calories. With so many different veggies to try, it is difficult to get bored!

Why not explore what vegetables are growing at different times of year and get creative with including them in your favourite recipes! This sample recipe for a tasty soup can include any vegetables you choose and you can change it throughout the year. What about leek and potato in Winter, butternut squash in Autumn, carrot in Spring or tomato and pepper in Summer? Vary your veggies and have fun creating nutritious recipes all year around.

### **Recipe:**

Serves 4

Prep time: 15 minutes

Cook time: 30 minutes

### **What you will need:**

300g mixed vegetables of the season

50g butter

100g potatoes

25g flour

1 litre water

Seasoning

1 vegetable stock cube





**Method:**

Ask an adult to help you chop and peel your veggies and use any blenders safely.

Peel, wash and slice all the vegetables and set the potatoes on one side.

Sauté gently in a 2 litre pan with the butter without colouring, stir in the flour and cook slowly for a few minutes.

Add the water, stock cube and potatoes and bring to a boil and simmer for 30 minutes.

Purée in a sieve or food processor/blender, season and add a dash of cream just before serving (if desired).

