

Creamy vegetable soup

Please ask for some help from people in your household if you are not confident with using knives or working with the cooker/oven.

Speak Out in Hounslow

Ingredients

- 1 tbsp olive oil
- 1 medium onion chopped
- 1 stalk of celery finely chopped
- 2 medium carrots peeled and roughly chopped
- 2 medium parsnips peeled and roughly chopped
- 1 fat clove of garlic grated
- 2 medium floury potatoes
peeled and cut into small cubes
- 1 heaped tbsp fresh thyme leaves
- 1 litre vegetable stock
- 2 small dried bay leaves or 1 large one
- 100 g frozen garden peas
- 1/4 tsp freshly ground black pepper
- A 1/4 tsp sea salt
- 50 ml milk
- 3 heaped tsp cornflour



Instructions

1. Heat the oil in a large saucepan. Add the onion, celery and carrot and cook over a medium heat until the onion is soft about 5 minutes. Add the garlic then cook for another minute.
2. Add the parsnips, potatoes, thyme and the stock. Stir well then add the bay leaves and salt and pepper. Bring to the boil, reduce to a low simmer and cook for about 15 minutes. Or until the potatoes are cooked through.
3. Check the seasoning then add the frozen peas.
4. mix the milk and cornstarch then stir it into the soup. Bring the soup up to the boil again, stirring all the time, it should now be nice and thick.



Remember soup can be frozen for a quick easy meal

5. Serve straight away
With bread rolls.

