

# CHUNKY VEGETABLE SOUP



## QUICK

15 min prep plus  
cooking time

## HEALTHY

This soup is filling, warming  
and quick to make.  
Perfect for a cold winter's day

## FAMILY

Feeds 6 with  
spare...

## MEALS

For those who don't like  
chunky soup, just blend  
it to make it smooth

## INGREDIENTS

- 1 large onion
- 2 leeks
- 2 medium carrots
- 2 medium courgettes
- 2 medium potatoes
- 1 tbs oil
- 1-2 veg stock cubes in 1.5 litres water
- Salt and pepper

## METHOD

- 1) Heat oil in a large saucepan
- 2) Dice your onion and add to the pan
- 3) Slice leeks lengthwise into quarters, then slice and add to pan
- 4) Dice the rest of the vegetables into approx. 1 cm cubes and add (no need to peel the potatoes)
- 5) Mix
- 6) Add water and stock
- 7) Cover and bring to the boil
- 8) Simmer for 10 minutes until potato is soft
- 9) Optional – take out a mugful and blitz till smooth for a creamier (less clear) soup
- 10) Taste (add S & P / more stock if necessary)
- 11) Serve



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To watch a video showing how this is made or to explore more  
Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)