

Chunky Vegetable Soup



Ingredients:

1 medium onion

1 tbsp butter

Approx 500g peeled and diced vegetables (*Any mixture of: Potato, Parsnip, Carrot, Swede, Pumpkin or Beetroot*)

Approx 50g Kale

1 Bay Leaf

Herbs of your choice (*e.g. Rosemary, Thyme or Sage*)

2 Tomatoes

1/4 tsp Marmite

Salt and pepper to taste

Step 1: Peel and finely slice the onion. In a saucepan, fry the onion on a low heat in the butter. Stir it often until very soft and golden (10-15 minutes).

Step 2: Roughly chop the tomatoes and add them along with the diced vegetables, marmite and herbs to the pan with the onions.

Step 3: Add enough water to cover the contents of the pan. Bring to the boil and then turn down to simmer.

Step 4: Strip the kale leaves from the stalks, then finely chop the stalks and add to the pan.

Step 5: Roughly tear the kale leaves and add to the pot.

Step 6: When the vegetables are soft season with salt and pepper to taste. Serve with some bread and butter.

Notes: Finely chop your vegetables for a more delicate soup (this will also make the cooking time quicker) or leave the vegetables more chunky for more texture (this will make the cooking time slightly longer). The soup can also be blended if you prefer a smooth soup.

You can bulk out the soup even further by adding a handful of pasta, rice or pearl barley at the same time that you add the water.