



Rainbow Soup

Equipment:

- Tin opener
- Soup maker/blender
- Knife
- Chopping board
- Jug

Top Tips:

- Use a variety of different seasonal vegetables

Ingredients:

- 1 onion (finely chopped)
- 1 leek (optional)
- 1 carrot (diced)
- 1 courgette
- 1 medium potato (diced)
- 400ml vegetable stock
- 75g sweetcorn
- Salt and pepper

Prep Time:

- 15 minutes

Cooking Time:

- 30 minutes

Method:

1. Dice and chop all vegetables
2. Put all vegetables into the soup maker/blender
3. Dissolve stock cube in 400ml of boiled water and pour into the vegetable mix
4. Season with salt and pepper
5. Turn soup maker/blender on
6. Serve in bowls and season with pepper