

Vegetable Soup & Croutons

Ingredients

- 1/2 onion
- 1 large carrot
- 1 stick of celery
- 1 sweet potato
- 1 courgettes
- 1 clove garlic- each table
- 1/2 litre vegetable stock- each table
- 200g Tomato- each table

prepare all vegetables-

- Peel and chop the onion into small pieces, place in sauce pan
- Peel the potatoes, chop them in to small chunks, place into saucepan
- Wash and Slice the celery, place in saucepan
- Peel carrot and cut into bite size pieces, place in saucepan
- Peel and crush garlic, place in saucepan

- Place stock cube in saucepan
- Use measuring jug to measure out 1/2 litre of hot water and add to saucepan.
- Add 1/2 can of tomatoes to pan
- Place saucepan on the cooker hob ,Bring to boil and simmer for 15-20 minutes until all vegetables are soft.

- Carefully ladle half the soup into a blender and blend until smooth. Pour blended soup back into the sauce pan and stir together.

Croutons

While soup is cooking cut the bread into 2-cm cubes. Scatter the bread on the baking tray and drizzle over the olive oil.

Use your hands to coat the bread in oil. Bake for 8-10 minutes. Shake the Tray regularly to ensure even cooking