

Lunchbox Laughter

Spectacular Soups



Root Vegetable Soup

Ingredients:

1 large red onion
3 medium parsnips
2 medium sweet potatoes
5 carrots
1 tablespoon vegetable oil
Vegetable stock cube
1.5 pints water
Teaspoon dried mixed herbs
Black pepper

Equipment:

Hob
Pan
Chopping board
Knife
Peeler
Measuring jug
Spoons
Hand blender



Method

1. Peel and finely chop the onion.
2. Peel and roughly chop the parsnips, sweet potatoes and carrots into 1 inch cubes.
3. Put the oil in a pan over a medium/low heat and gently sweat onions until transparent.
4. Dissolve the stock cube in boiling water and add the mixed herbs.
5. Add the parsnips, sweet potatoes and carrots to the onions and add the stock.
6. Cover the pan and reduce the heat to simmer for 15 minutes.
7. After 7 minutes remove the lid and stir to ensure that the vegetables at the top are receiving even heat. Return the lid and simmer for the remaining 7 minutes.
8. Check to see if the vegetables are cooked (soft), if they are remove from the heat and leave to cool for 5 minutes; if they aren't return to the heat until soft.
9. When the mixture is cooled blend it using a hand blender until smooth.
10. Season with black pepper and serve.

Easy Tomato Soup

Ingredients:

1 small red onion
1 red pepper
1 carrot
2 cans plum tomatoes
1 tablespoon olive oil
Vegetable stock cube
1 pint water
2 teaspoons tomato puree
Teaspoon dried mixed herbs
Black pepper

Equipment:

Hob
Pan
Chopping board
Knife
Measuring jug
Spoons
Hand blender



Method

1. Peel and finely chop the onion. Wash and roughly chop the pepper and carrot.
2. Put the oil in a pan over a medium/low heat and gently sweat onions until transparent.
3. Dissolve the stock cube in boiling water and add the mixed herbs.
4. Add the vegetables, canned tomatoes, puree and stock to the pan and simmer for 15 minutes.
5. Remove from the heat and leave to cool for 5 minutes.
6. When the mixture is cooled blend using a hand blender, season with black pepper and serve.