

Soup Maths! (Winter)

Serves 6-8

A soup is nutritious, economical, simple – and quick!! Any soup has a basic formula – a base (e.g. onions), a fat (e.g. oil/butter), a main body (e.g. Vegetables), fluid (e.g. water/stock) and seasoning. Tired looking veg and salad/spare veg are ideal plus leftover meat/chicken, canned beans/pulse can also be added in for extra bulk/protein. The pot is literally your palette! Chuck it in and give it a go – you can't go wrong! Here's a formula which will work with any combination of vegetables you have – good luck!

1. Base (Including woody herbs/strong spices)

Add a splash of oil (Or large knob of butter/margarine) to a large pan over a medium heat. Add the chopped onions/spring onion/leeks/carrots/celery/fennel – whatever combination you have and cooked until translucent but not brown.

2. Main Body

Add the woody herbs(e.g. rosemary/Thyme), strong spices (e.g. Cumin/ground coriander) and prepared and chopped root vegetables to the pan and mix thoroughly until softened.

3. Backup Flavour

Add other, lighter chopped or sliced vegetables such as greens (e.g. kale/cabbage), mix thoroughly and cook for 5 mins until softened.

4. Liquid

Add about 1 litre of water or stock and bring to the boil. Depending on how thick your soup is and/or how you prefer it, you can add more liquid later. You can now use a blender (Preferably a stick blender – or even a potato masher if you don't have one!) to blitz the soup until smooth or, if you prefer, just partially blitz it for more texture.

5. Bulk Out

For a heartier soup, add some pasta, cooked rice or any drained can of beans or pulses and heat through, Season to taste.

6. To Finish

At the end, add any fresh, soft herbs (e.g. parsley/coriander), cream or milk. Heat through, adjust seasoning and serve with crusty bread! Freezes well though best to add the milk/cream when you defrost and reheat.

[Type here]

Taken From Anna Jones/Jamie Oliver/Waitrose Magazine

[Type here]