

# Homemade Vegetable Soup



## Ingredients

- 1 sweet potato
- 1 leek or onion
- 4 carrots
- 1 parsnip
- $\frac{1}{2}$  swede
- 25g red lentils
- 2 vegetable stock cubes
- Pepper to season



**This recipe will serve 4.**

## Method

1. Chop all the vegetables and put into a large pan with hot / boiling water.
2. As vegetables boil, add the stock cubes, lentils and pepper.
3. Cook until vegetables are soft, usually around 25 to 30 minutes.
4. When all vegetables are soft, blend together using a hand-held blender.

Serve with some buttered bread or crusty roll.



This recipe is adjusted and alternatives used to cater

For children with allergies in on the day.