

Vegetable Soup

Ingredients	
Serves 2	
1 Sml Tin	Chopped Tomatoes
2	Med Carrots
1	Med Onion
1	Courgette
1/2 Pint	Vegetable Stock (285 ml)

Method

You will need a stew pot or large saucepan.

Dice the vegetables onto manageable chunks.

Fry off the onions in a little oil, (Preferably Olive Oil), until they are translucent, but do not allow to brown.

Add the tinned chopped tomatoes.

Then all the other vegetables,

And finally the vegetable stock.

Bring to the boil and then simmer for 20 - 40 minutes depending on quantities used and the desired thickness of the soup.

Allow to cool before blending, This is best done with one of those multi-blender things on a stick, but you could use a food processor.

The degree of blending is up to you, I quite like it chunky as you get a variety to the taste. Served with some wholemeal toast liberally sprinkled I can heartily recommend this dish.