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MIXED VEGETABLE SOUP (V)

Mixed Vegetable Soup is a great way to eat a multitude of vitamin-rich, high-fibre vegetables to boost our immunity at the same time as keeping us feeling fuller for longer. It is also a great soup to make when we have surplus vegetables that need using up.

Serves 4 - 6

Per serving: Calories & fat content vary according to vegetables used.

Prep time 10 - 15 mins

Cook Time 25 mins

INGREDIENTS

3 medium onions, peeled and chopped

2 cloves garlic, crushed

Use one each of any root vegetables to hand - sweet potato, carrot, parsnip, swede - Peel and dice.

Add any available cabbage, Brussel sprouts, celery, leeks - Trim and chop.

500ml vegetable stock (use one vegetable stock pot)

2 tbsp freshly chopped coriander (optional)

freshly ground black pepper

METHOD USING A SOUP MAKER

1. Place the chopped onion and crushed garlic in a hot non-stick pan with some rapeseed oil spray and cook until soft.
2. Place the chopped vegetables, plus the onions, stock and stock pot into a soup-maker. Add freshly ground black pepper.
3. Cook on high for 20 - 25 minutes until the vegetables are cooked. Liquidise once for 30 seconds. Ensure the mixture is well mixed then add the fresh coriander if using, then liquidise for a further 30 - 45 seconds to remove any lumps.
4. If too thick, add more water or stock or freeze as concentrated soup and then add more stock when heating up ready to serve.

METHOD USING A PAN

1. Place the chopped onion and crushed garlic in a large, hot pan with some rapeseed oil spray and cook until soft.
2. Add the vegetables and the stock and bring to the boil. Reduce the heat and simmer for 20 minutes.
3. Allow to cool slightly then pour the contents of the pan into a liquidiser or food processor and puree until smooth. Add the freshly chopped coriander and season to taste with freshly ground black pepper and whizz again.



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