

# Vegetable Soup

🍲 4 servings      389 Kcal / serving

## Ingredients

- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 1 (150g) - **Onion, finely chopped**
- 2 (200g) - **Carrots, peeled and finely chopped**
- 1 (5g) - **Garlic clove, peeled and crushed**
- 1 large (300g) - **Potato, peeled and diced**
- 300g - **Cauliflower or broccoli, finely chopped**
- 100g - **Frozen edamame beans**
- 800ml - **Vegetable stock (made from reduced salt stock cube)**
- 100ml - **Low fat milk (1.5% fat)**
- 4 teaspoon (20g) - **Sunflower seeds**
- 4 slices (each about 36g) - **Brown bread (such as McCambridge)**
- 20g - **Butter, at room temperature**
- **Freshly ground black pepper**
- **Chopped fresh chives, to garnish (optional)**



## The Method

Heat a non-stick pan over a medium to high heat. Add the oil and then add the onion, carrots, garlic, potato and cauliflower or broccoli. Saute for 3-4 minutes until softened and beginning to pick up a bit of colour. Season with pepper and add the edamame beans.

Pour the stock into the vegetable mixture and bring to the boil. Reduce the heat, cover and simmer for about 15 minutes until the vegetables are tender. Stir in the milk and sunflower seeds and then blitz with a hand-held blender until smooth or with a bit of texture, if liked.

Ladle the soup into bowls and season with pepper, then garnish with chives if using. Spread the brown bread with the butter and arrange on plates alongside to serve.

🌱 Suitable for vegetarians

🍲 Suitable for batch cooking