



Root Soup



Ingredients

Serves 4

- 1 onion
- 2 sweet potatoes
- 2 parsnips
- 2 large carrots
- 1 low salt vegetable stock cube
- 900ml boiled water

Recipe Cost
£1.42



Top tip! Root vegetables are a great source of vitamin A and fibre to keep us healthy



Equipment

Chopping board, knife, large saucepan, jug, blender, food processor or masher

Method

1. Peel and chop the sweet potatoes, carrots and parsnips.
2. Dissolve the stock cube in the boiled water in a jug.
3. Place the chopped vegetables into the saucepan with half of the stock and simmer for 20 minutes adding more stock if necessary.