

French Vegetable Soup

This month's recipe is has been recommended by Jill Abbey.

Serves 4

1oz / 25g butter
8oz / 225g leeks, chopped
8oz/ 225g potatoes, chopped
8oz / 225g carrots, chopped
Salt and freshly ground black pepper
1¾ pints / 1 litre water or vegetable stock
Chopped fresh parsley, to garnish

Method:

Melt the butter in a pan, then add the leeks, potatoes and carrots.

Stir for 2-3 minutes to coat the vegetables, season, then add the water or stock, bring to the boil, and simmer for 20 minutes.

Transfer to a food processor or blender, and process until blended, but still with some texture. (It can also be served without liquidising if you prefer.)

Spoon into bowls and serve sprinkled with parsley.

Nutrition notes per serving:

128 calories, Protein 4g, Carbohydrate 16g, Fat 6g, Saturated fat 3g, Fibre 3g, Added sugar none. Salt – depends how much you added!

Can be cooled, chilled and frozen for up to 1 month.