

Build your own soup recipe

CAN
COOK

WELL
-FED

Making your own soup is easy and needn't cost a lot. The idea is to use whatever foods you have available in the fridge or lurking at the back of your store cupboard. We hope this planner helps you to understand how the classics are created and encourages you to experiment and invent your own tasty masterpieces.

Tick the boxes as you choose your ingredients – your recipe can be saved or printed for future reference. And finally don't forget to use the naming veggies and proteins to name your soup.

Step 1

Choose 1-4 ingredients (200g each item or 800g of one ingredient).

NAMING VEGETABLE

Carrots
Tomatoes (fresh or tinned)
Spinach (fresh or frozen)
Sweetcorn (tinned or frozen)
Cauliflower (fresh or frozen)
Broccoli (fresh or frozen)
Peas (tinned or frozen)
Mushrooms
Squash
Kale
Peppers
Leeks
Swede

NAMING PROTEIN

Chicken
Ham (cooked)
Beans (butter, kidney, etc) tinned
Chickpeas tinned
Cheese (cheddar, stilton etc)

Step 2

Choose 1 from each category

BASE VEGETABLE

1 onion (medium, any colour)
Shallots 100g
Leeks 100g
Spring onions 100g

FAT

1 tbsp butter
1 tbsp oil (veg, coconut, olive)

STOCK

1 stock cube (veg or chicken)

STARCH

Rice (1 large handful)
Pasta (1 large handful)
Noodles (1 large handful)
Lentils (1 large handful)
Barley (1 large handful)

Add extra water if using any of the above ingredients

1 potato
1 sweet potato

Step 3

HERBS & SPICES

Choose 1 or 2 items (1 tsp each)

Fresh garlic chopped
Fresh ginger chopped
Fresh chives chopped
Basil (dried)
Oregano (dried)
Paprika
Fennel seeds
Curry powder
Cumin seed or powder
Turmeric powder
Bay leaf (dried)
Sage (dried)
Thyme (dried)

EXTRAS

Choose 1 item

2 tbsp cream
2 tbsp cream cheese
1 large tbsp tomato puree
1 large tbsp cream
1 large tbsp milk
1 large tbsp coconut milk
½ tsp Chilli (fresh, dried, powder)

Cooking instructions

1. Chop your **base vegetable**.
2. Add **fat** and **base vegetable** to pan and cook on a low heat for 5 mins.
4. Chop your **naming vegetables** and **protein** and add to the pan. If you are using cheese add it at the end.
5. Chop your **herbs and spices** and add to the pan.
6. Mix and cook for a further 2 mins.
7. Add your **stock** to the pan.
8. Season with salt and pepper.
9. Cover with water, stir and cook on high until bubbling.
10. Turn heat to medium and add **starch**. Peel and dice potato (if

Serves 4

- using) into 2cm cubes, add to pan and cook for 25 mins, (if using lentils, barley, dried beans or pulses cook on low heat for 1-2 hours.
11. Allow to cool a little and add your **extras** (cheese, cream).
 12. Remove bay leaf if using. Blend or serve chunky.

EQUIPMENT

Knife, chopping board, pan, hob or slow cooker, cup or bowl and spoon
Optional: blender or smoothie maker, oven, garlic press, peeler, grater.

Name your soup!

Try making Broccoli & Cheese Soup

- Broccoli
- Cheese
- Onion
- Butter
- Veg stock
- Potato
- Garlic
- Cream

Blending optional