



KELLIE'S VEG SOUP

Sutton Soup #9 April 2018

Serves 6

This Soup was made for us by Kellie from the Robin Hood pub in Sutton. She is a great cook but was nervous about cooking for 150 people and getting the quantities wrong, so we helped her to develop this simple, fool proof recipe. It turned out great and some people said it was the best soup we ever served!

The secret to the excellent flavour is the rapeseed oil – please don't be tempted to substitute it for something else.

INGREDIENTS

200g onions

200g leeks

200g carrots

3 sticks celery

500g potatoes

50ml cold pressed organic rapeseed oil

1.5 litres vegetable stock

salt and pepper

Peel and roughly chop the onions, carrots and potatoes. Wash the leeks thoroughly and chop them too. Finely slice the celery – this reduces the chances of celery strings in the finished soup.

Gently heat the rapeseed oil in a large pan, then add the vegetables and stir to coat in the oil. Put a lid on and sweat them for about 15 minutes.

Now add the stock and bring to the boil. Reduce the heat and simmer, uncovered, for 30 minutes. Add salt and pepper, blend till smooth with a stick blender, and you are done!

