

**Winter
Vegetable Soup**



*Garth
McColgan* Recipe
**Vegetable
Soup**

“Wholesome, hearty
Winter warmer”



“It’s a lovely feeling, especially on a bone-chilling Winter’s day, to come home to a brimming bowl of thick and wholesome, heart-warming soup. Fortified with tasty, vitamin-rich ingredients, this week’s recipe is just like the one your Mum used to make. Served with a golden-baked crouton cob, it’s exactly what a body needs at this damp, dark time of year. Stoke up the fire – and put a chair out for me!”

Garth McColgan

Thick and nutritious, warm and delicious
Simply wonderful at Wintertime



Garth McColgan

Winter Vegetable Soup

Utensils

Saucepan
Knife
Chopping Board

Hand Blender
Vegetable Peeler

Ingredients

75g Butter
3 Medium Carrots (200g),
peeled and finely sliced
3 Leeks white part only (100g),
washed and finely sliced
1½ Medium sized Onions (200g),
peeled and finely sliced
4 cloves Garlic, finely sliced

4 Medium Potatoes (300g),
peeled and finely sliced
1 Chicken Stock Cube
900ml Water
2 tbs chopped Parsley
1 tbs of coarse ground Black Pepper
(optional)
2 Slices White Barrel Bread

Method

Put 50g butter, carrots, leeks, onions and garlic in your saucepan over a low to medium heat. Cover and cook gently for 15 minutes, stirring once after 5 minutes. Add potatoes, stock cube and water and bring to the boil. Reduce the heat to a simmer and cook gently for a further 25 minutes. Blend until smooth or leave a little chunky if desired, then add 25g butter and black pepper. Garnish with chopped parsley.

Croutons (Makes 8)

Cut the bread into four wedges and place on a baking tray. Cook at 160°C for 20 minutes or until golden brown. Serve 2 croutons per person.

