



Root Vegetable Soup

ADAM BARRY

ingredients

- 600g potatoes peeled and roughly chopped
- 600g assorted root vegetables peeled and roughly chopped
- 1 onion roughly chopped
- 1.5 litres of vegetable or chicken stock
- 1tblsp oil
- salt and pepper.

directions

Prepare all the vegetables as described above. You can put the potatoes and root vegetables in a bowl of cold water to stop them discolouring.

Heat a large pan and add the oil.

Fry the onions with a pinch of salt on a medium heat for 3 minutes.

Drain the veg, if necessary, and add to the pot.

Stir well then add the stock, another pinch of salt and lots of black pepper.

Bring to the boil.

Reduce to a simmer and cook for 15-20 minutes till the veg are soft.

Remove from the heat and blend until smooth.

Taste and add more salt or pepper if necessary.

Serve with brown bread.

TIME: 60 MINUTES

PORTIONS: 1 LOAF