



veg box soup

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 small potatoes - 1 small carrot - 1 small onion - 2 cups vegetables of your choice (I used 1 leek, 2 spring green leaves and a stump of cauliflower) - 2 1/2 cup water - 1 tsp Marigold bouillon powder - 1 bay leaf - 1/2 tsp salt - 1 tsp olive oil - extra virgin olive oil - flat-leaf parsley - black pepper

Instructions

I have a vegetable box delivered once a week and this recipe is good for using up the bits left over towards the end of the week. The ingredients can also be varied to reflect your personal tastes and the local seasons, the only constants being potatoes, carrots and onions. 1. Cut carrot and potatoes into fairly large chunks. There's no need to peel if you scrub them well. Cut onion into quarters. Cut the rest of the vegetables so that they will take the roughly the same time to cook. 2. Heat olive oil into a pot and add onion, carrot and potatoes. Stir to coat in the oil, turn the heat down to low and cover to cook for about 5 - 10 minutes. 3. Add water, bouillon powder and bay leaf and bring to boil. If you're using hardy vegetables such as roots and squash, add them too at this point. Turn heat down low so that the soup is reduced to a simmer and continue cooking for another 10 minutes. 4. Add all other vegetables and salt to taste. Cover and cook for another 15 - 20 minutes or until all vegetables are done. 5. Remove bay leaf, add some chopped up parsley, black pepper and a good drizzle of extra virgin olive oil to serve.