



4

SERVES/MAKES



COOKING TIME:
< 45 min



COOKING STYLE:
Stove

LANCEWOOD® VEGETABLE SOUP

INGREDIENTS:

30 ml oil
1 onion, chopped
2 cloves garlic, crushed
2 sticks celery, chopped
2 carrots, cubed
250 ml butternut, 1 cm cubes
1 large potato, peeled & cut into 1 cm cubes
1.25 litres chicken or vegetable stock
160 ml chopped peeled tomatoes
60 ml fresh mixed herbs (flat leaf parsley, basil and thyme), chopped
Salt & freshly ground black pepper to taste
250 ml broccoli florets
250 ml green beans, sliced

To serve:

250 ml **LANCEWOOD® Sour Cream** or **Cultured Cream**
45 ml spring onions, chopped

METHOD:

Heat the oil and fry the onion until soft and transparent. Add the garlic, celery, carrots, butternut and potatoes and fry for 2 more minutes.

Add the stock and tomatoes and simmer over low heat for 30 minutes or until the potatoes are soft.

Add the broccoli florets and green beans and cook for 5 minutes. Add the mixed herbs and seasoning to taste.

Serve with a dollop of sour cream or cultured cream and top with a sprinkling of spring onions. Serve with fresh bread.

PRODUCTS USED:



Sour Cream



Cultured Cream

ENJOY!