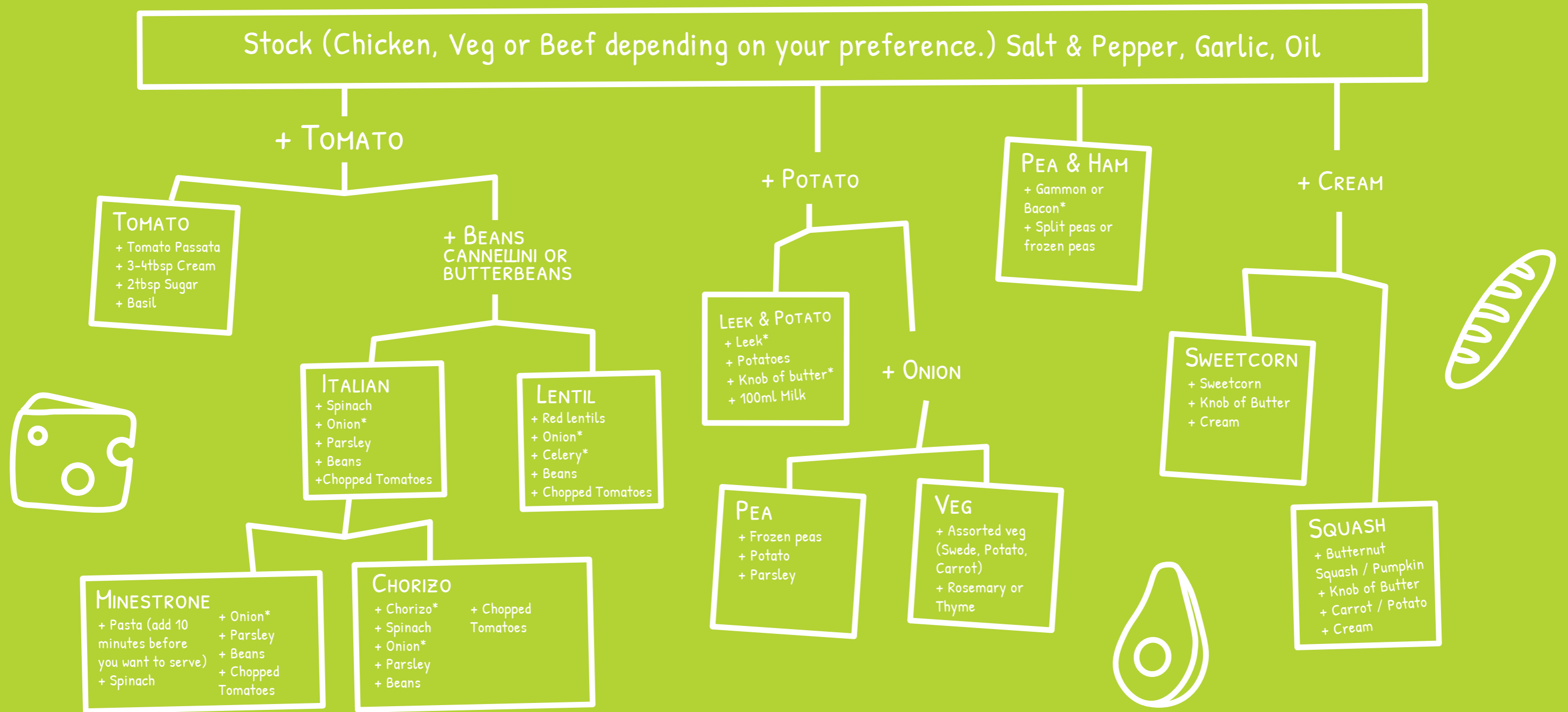


# SOUPS

START HERE



**1** Put any ingredients marked \* in the pan and fry gently with a little oil for 5-10 minutes.



**2** Add stock, and all other ingredients and cook over a medium heat until veg is soft.



**3** Blitz with a blender if you want.