



Chunky Mediterranean Style Soup

Filling tasty soup, full of healthy vegetables – Makes about 6 portions

You'll need:

- 2 leeks
- 4 medium carrots, peeled and cut into small chunks
- 1 large or 2 small potatoes, peeled and cut into small chunks
- 12 tsp mixed herbs or oregano, or thyme if available
- 2 stock cubes + 800ml boiling water
- 1 x 400g can beans e.g., haricot, cannellini, black beans, or chickpeas
- 1 x 400g can of chopped tomatoes
- 1 tablespoon Oil or 1 oz butter to sauté the vegetables in
- Salt and pepper
- You could also add half a butternut squash chopped into small chunks

Method:

1. In a large saucepan , gently heat the oil or butter, then add the leeks, carrots, and potatoes. Gently cook for 5 minutes.
2. Add the herbs if you have them
3. Dissolve the stock cubes in the boiling water and add to the soup.
4. Now add the tin of tomatoes. If you are using whole plum tomatoes, try to chop them up a bit before adding
5. Simmer for about 15 minutes until the carrots are almost cooked
6. Add the tin of beans and cook for another 5-10 minutes
7. If you like a spicier flavour add half a teaspoon of chilli flakes when you add the herbs.
8. Serve with bread and cheese for a nutritious meal
9. If you have a blender, and prefer a smoother soup, you can blend it. If it's a bit too thick when its blended just add some milk (preferably full cream milk) as this will give it a creamier texture