



Courgette and Kale Soup

Harvest from the garden, wash and chop:

1 large courgette or 2 little ones

10 leaves from your kale

1 onion

3 tatties

Add all these vegetables to a medium size pan with:

4tbsp of vegetable oil.

Sweat the veg for 5mins then add:

400ml hot water with 2tablespoons veg bullion stirred in.

Add this to the veg and simmer for 10mins.

Blend the soup with a hand blender, season with salt and pepper and serve.

Optional: Add the juice of half a lemon to the soup, before serving. Yum!

Growing your own gets you back into eating seasonally, and reduces your carbon footprint. Mix up and experiment with what is ready in the garden to make your own soups.

Courgette & Tomato Soup

½ tablespoon butter

1 onion, chopped

500g courgettes, sliced

500g tomatoes, chopped

1 tablespoon plain flour

¼ teaspoon turmeric

750 ml vegetable stock

salt and pepper

Melt the butter in a large pan, add the onion and courgettes, and cook for 5 mins on a medium heat, stirring occasionally.

Add the tomatoes and flour. Cook for a couple of mins, stirring around to stop the flour from becoming lumpy. Add the turmeric and stock, cover and simmer for 30 mins.

Blend the soup with a hand blender, season with salt and pepper to taste serve.

