

How to make your own soup



8 easy steps to build your basic soup

Serves 4 as a starter, lunch or light meal. Serves 2 as a main meal.

Top tips

1. If soup is too watery, cook it more to boil off some liquid and reduce the volume.
2. If soup is too thick stir in a little more water, stock or skimmed milk
1. Finely chop 120g base vegetables, eg onion
2. Add 2 tsp oil to a pan
3. Add 500g other vegetables
4. Add a couple of tsp of flavourings, eg herbs or spices
5. Add 700ml stock
6. Blend until smooth
7. Add any extras, eg beans or meat
8. Garnishes, eg low-fat natural yogurt