



Basic soup

Serves 4



COOK



EAT

ENJOY

ENJOY

Foundation
recipe

Use this soup recipe as the foundation for more soups to suit your own taste. You can create a range of different soups to suit your own liking by simply varying the vegetables, meat and herbs and spices.

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1 onion, finely diced
- 4 stalks of celery, chopped
- 3 carrots, chopped
- 1 litre of reduced salt liquid stock

Optional

Personalise your soup by adding:

- your choice of lean meat and stock flavour at step 2
- your choice of pasta, rice or barley at step 3
- herbs and quick cooking vegetables such as broccoli, spinach and zucchini at the end of step 3.



Method

Step 1

Heat oil in a large saucepan and add onion and garlic. Cook until onion has softened.

Step 2

Add remaining vegetables and stock. Stir through and continue heating.

Step 3

When the soup reaches a boil turn down the heat and allow to simmer for 10-15 minutes or until vegetables have softened.

Refer to the Project Dinnertime fact sheet "Foundations of a great dinner" for ideas on how you can turn this basic soup recipe into more sensational soups.

Serves per portion:

Veg
2