



# COMFORTING COURGETTE AND ROOT VEGETABLE SOUP

This is the one of the tastiest and cheapest soups to make from the very easily grown courgette!

**SERVES** 30 portions of 225ml    **PREP** 15 mins    **COOK** 20 mins

## EQUIPMENT

Large knife / chopping board / large pan / wooden spoon / vegetable peeler / electric hand blender

## INGREDIENTS

20 average-sized courgettes (about 4kg), top and tailed, washed and sliced  
200g carrots, peeled and chopped into chunks  
200g parsnips, peeled and chopped into chunks  
200g turnips, peeled and chopped into chunks  
400g potatoes, peeled and chopped into chunks  
1.5 litres vegetable stock  
100g Parmesan cheese, grated or vegan hard cheese alternative (optional)  
Salt and pepper

## METHOD

1. Add the sliced courgettes and chopped root veg to your pan
2. Cover the vegetables with stock, bring to the boil and simmer for 20 minutes
3. Blend with a hand blender until smooth and add your seasoning
4. Stir in parmesan, if using
5. Taste your soup and adjust seasoning if necessary
6. Allow the soup to cool slightly before serving

**Tip:** Serve with crunchy croutons or wholemeal crusty bread

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