

Vegetable Soup



Enough food for 2 meals



This is a healthy meal
It can help you stay healthy

Food you need



2 Sticks celery



1 Small potato



1 Parsnip



1 Vegetable stock cube



1 Carrot



15ml
Measuring spoon
mixed herbs



1 Onion



15ml
Measuring spoon
vegetable oil



1/4 Measuring
spoon minced
garlic



Pinch black
pepper



If you can't find something, ask
the staff in the shop to help you

Things in the kitchen you need



Electric cooker



Chopping knife



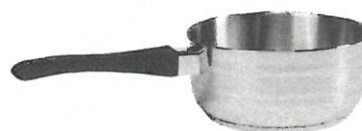
Mixing spoon



Chopping board



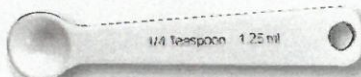
Peeler



Big pan



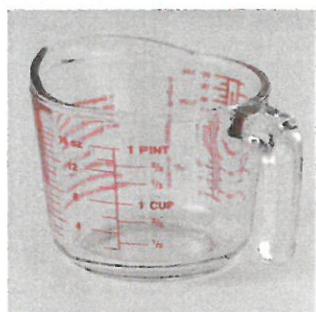
15ml Measuring spoon



1/4 Measuring spoon



Kettle



1 Pint measuring jug



Digital timer



Blender



Wash and dry hands



Before you start cooking;

Get out all of the food you need.

Get out all of the things you need to cook with



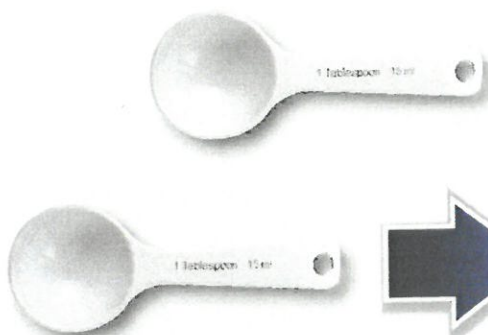
Put the onion on the chopping board



Peel and chop the onion



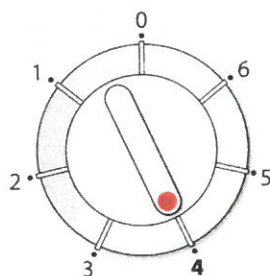
Wash and dry hands after touching the onion



Get the **15ml** measuring spoon



Put 1 spoon of oil in pan



Put the pan on the hob

Turn hob to 4



Put all the onion in the pan



03 00

Set the digital timer for **3 minutes**

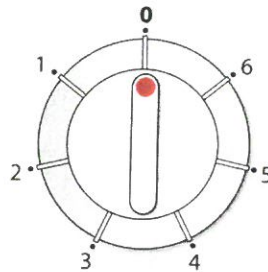
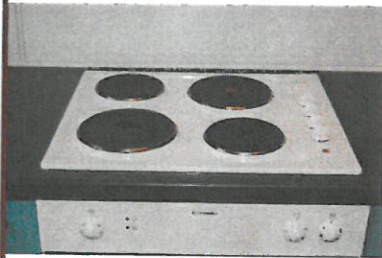


Stir everything in the pan

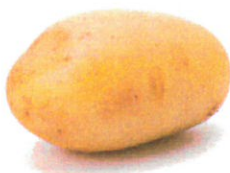
Keep stirring until the timer makes a noise



When the timer makes a noise



Turn **off** the hob



Peel the potato



Put the potato on the chopping board



Chop the potato in half

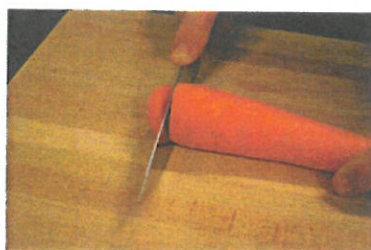
Chop all the pieces in half again



Put all the potatoes in a pan



Put the carrot on the chopping board



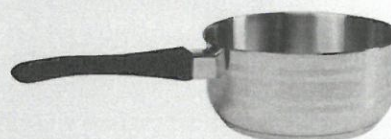
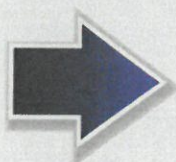
Chop the ends off the carrot



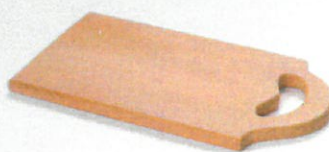
Peel the carrot



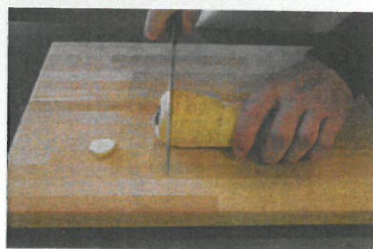
Chop the carrot



Put all the carrot in the pan



Put the parsnip on the chopping board



Chop the ends off the parsnip



Peel the parsnip



Chop the parsnip



Put all the parsnip in the pan



2



Get 2 sticks of celery

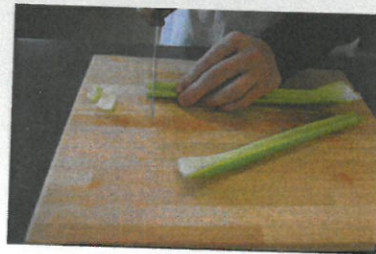


Wash the celery under the tap

Rub the dirt off the celery with your fingers



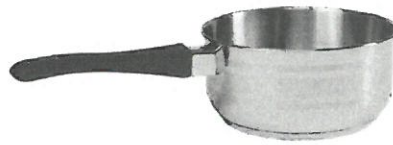
Put the celery on the chopping board



Chop the ends off the celery sticks



Chop the celery into pieces



Put all the celery in the pan



Fill the kettle with water

Turn it on

When the kettle boils



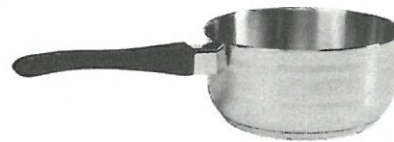
Pour water in the jug to 1 pint



Pour all the water in the pan



1



Put **1** stock cube in the pan



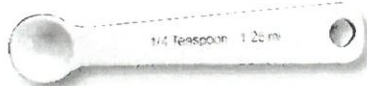
Get the **15ml**
measuring spoon



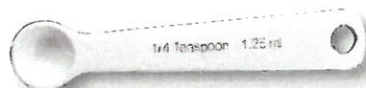
1



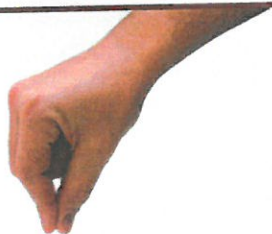
Put 1 spoon mixed herbs in the pan



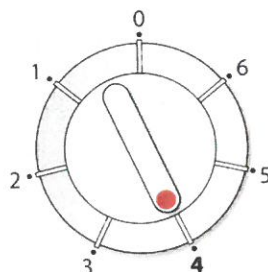
Get the **1/4**
measuring spoon



Put 1 spoon minced garlic in the pan



Put a pinch of black pepper into the pan



Put the pan on the hob

Turn hob to 4



08 00

Set the digital timer for
8 minutes

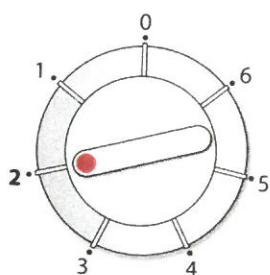
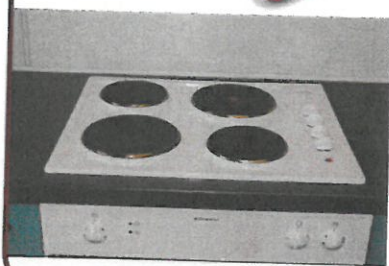


Stir everything in the pan

Keep stirring until the
timer makes a noise



When the timer makes a noise



Turn hob to 2



30 00

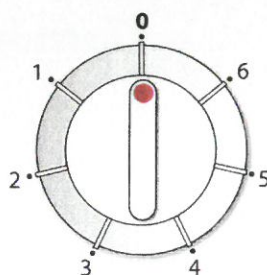
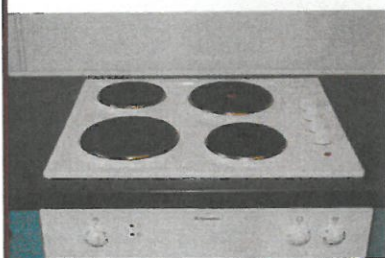
Set the digital timer for
30 minutes



Come back when the timer makes a noise



When the timer makes a noise



Turn **off** the hob



Plug in the hand blender

Put the blender into the pan

Turn the blender on

Stir the soup with the
blender until all the big
lumps have gone



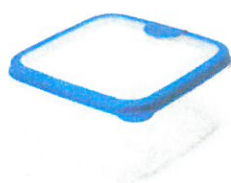
Put some soup in a bowl

Ready to eat



Wash up

Put everything away



When the soup is cold put it
in a plastic box with a lid



Put it in the fridge



Eat it tomorrow or put in bin

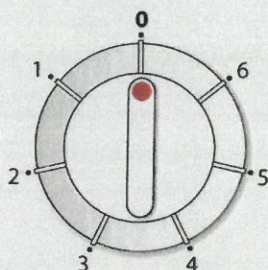
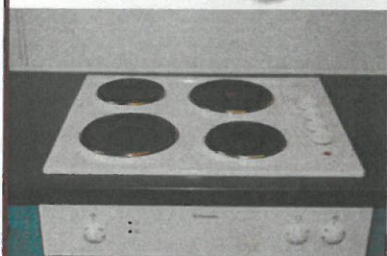


Stir everything in the pan

Keep stirring until the timer makes a noise



When the timer makes a noise



Turn **off** the hob

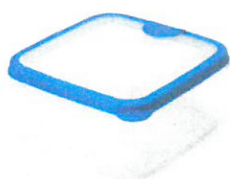


Peel the potato



Wash up

Put everything away



When the soup is cold put it
in a plastic box with a lid



Put it in the fridge



Eat it tomorrow or put in bin