

What are we making?

what

?



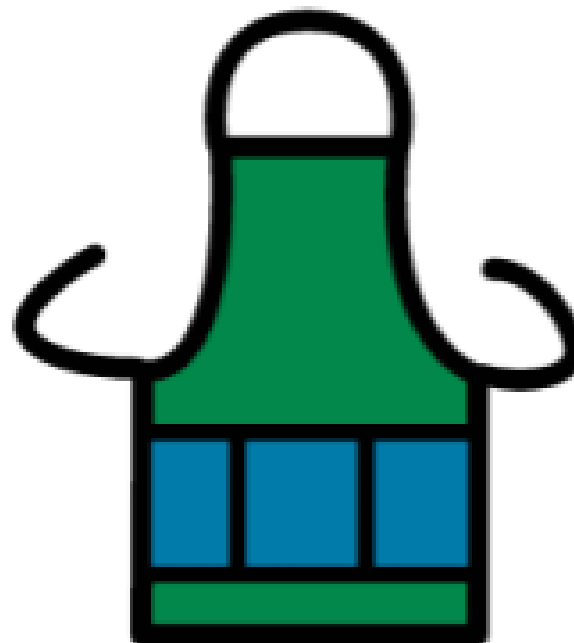
Vegetable soup



wash hands

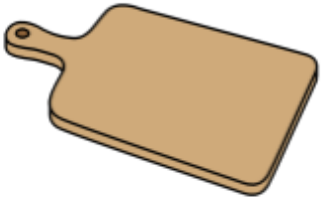


apron on



What we need

chopping board



knife



vegetable peeler



saucepan



spoon



measuring jug

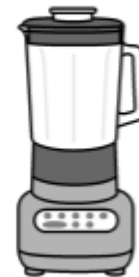


hand blender

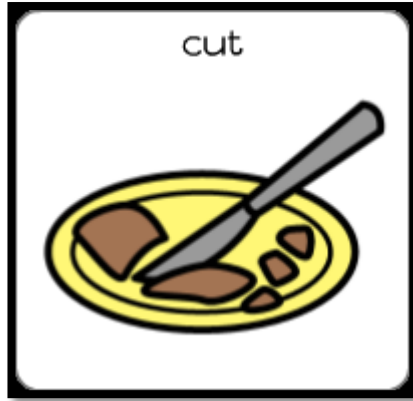


or

blender



Skills you could practice



cutting



peeling

get ingredients



What you will need

carrot



2 carrots

potato



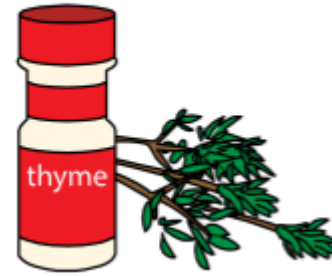
3 potatoes

leek



3 small leeks

thyme



1 tbsp thyme
(optional)

Red lentils



85g Red lentils

garlic



3 garlic cloves

celery



3 celery sticks

tomato puree



2 tbsp tomato
puree

vegetable stock
cube



2 stock cubes

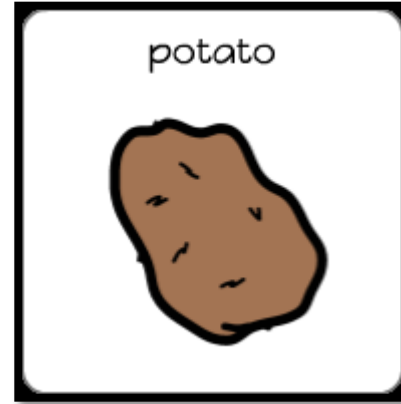
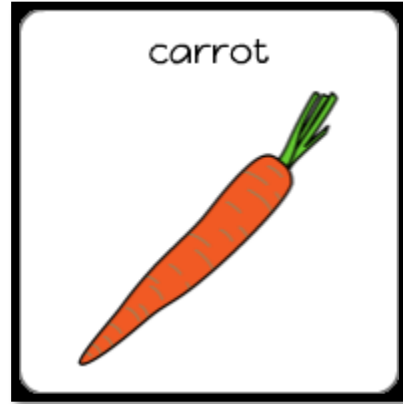
water



1500mls boiling
water

What to do





Peel the carrots and potatoes

cut



carrot



potato



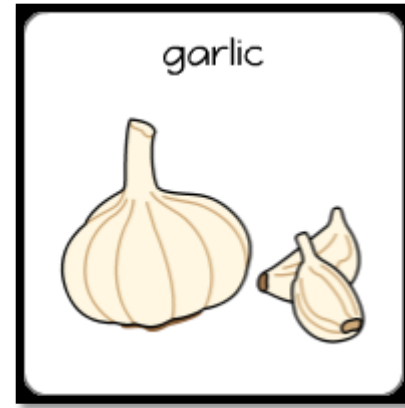
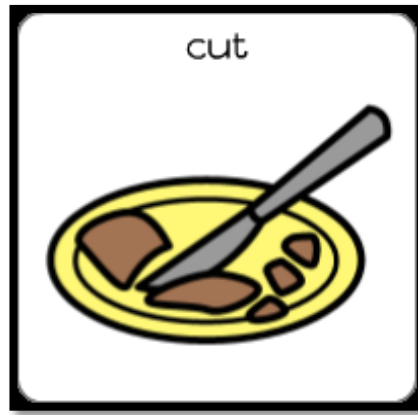
celery



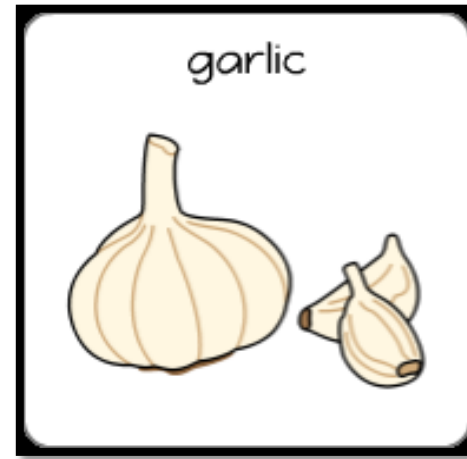
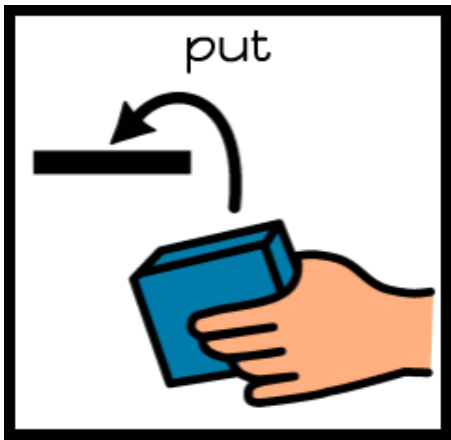
leek



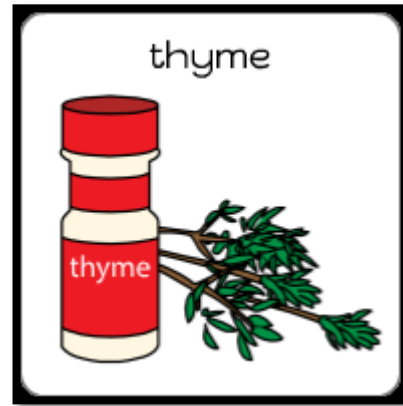
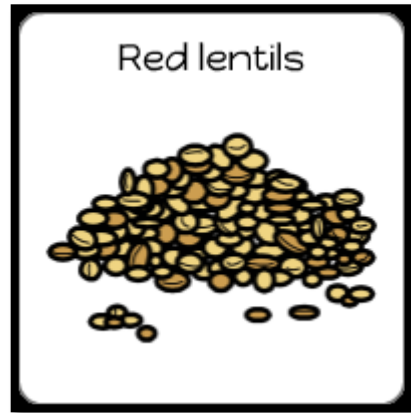
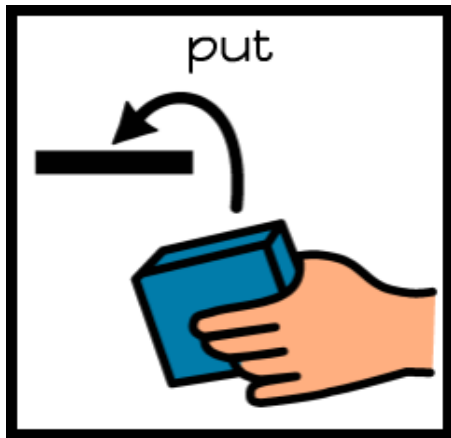
Cut the carrots, potatoes, celery and leeks.



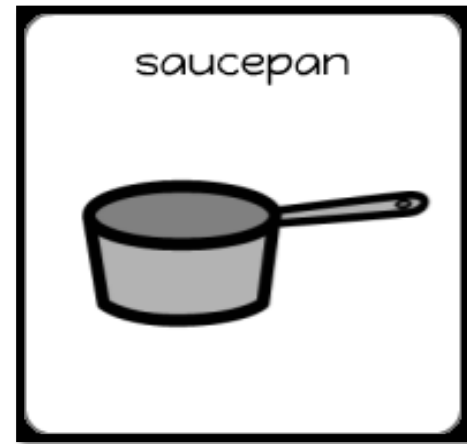
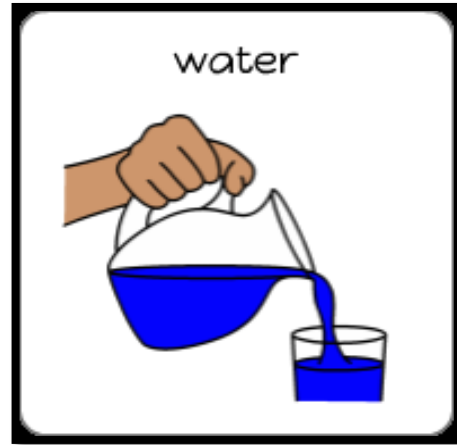
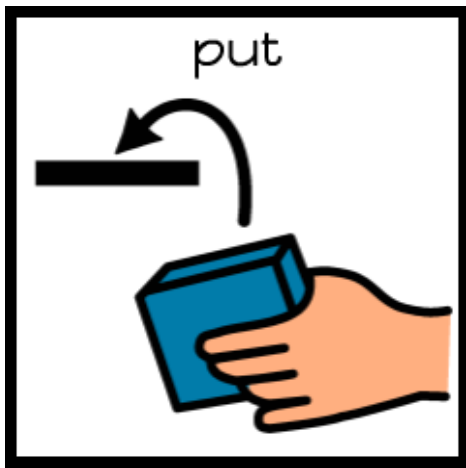
Peel and cut the garlic



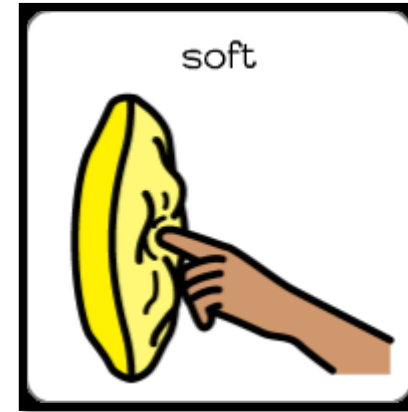
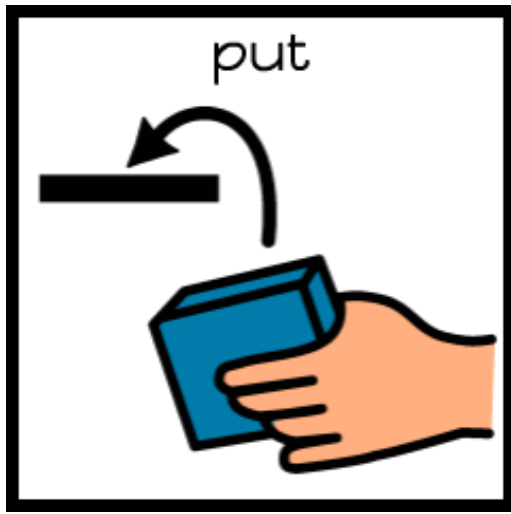
Put the vegetables, tomato puree and garlic in a large pan.



Put the lentils, thyme and stock cube in the pan.



Put 1500mls of boiling water in the pan.



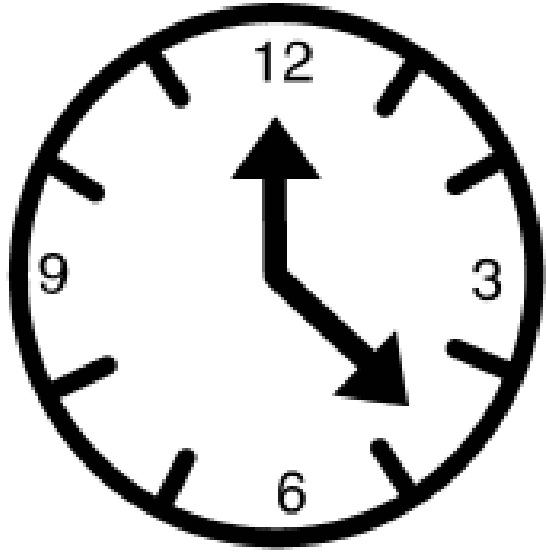
Put the lid on and cook for 30 minutes,
until the vegetables are soft .



or



When cooked use a hand blender or food processor to puree the soup.

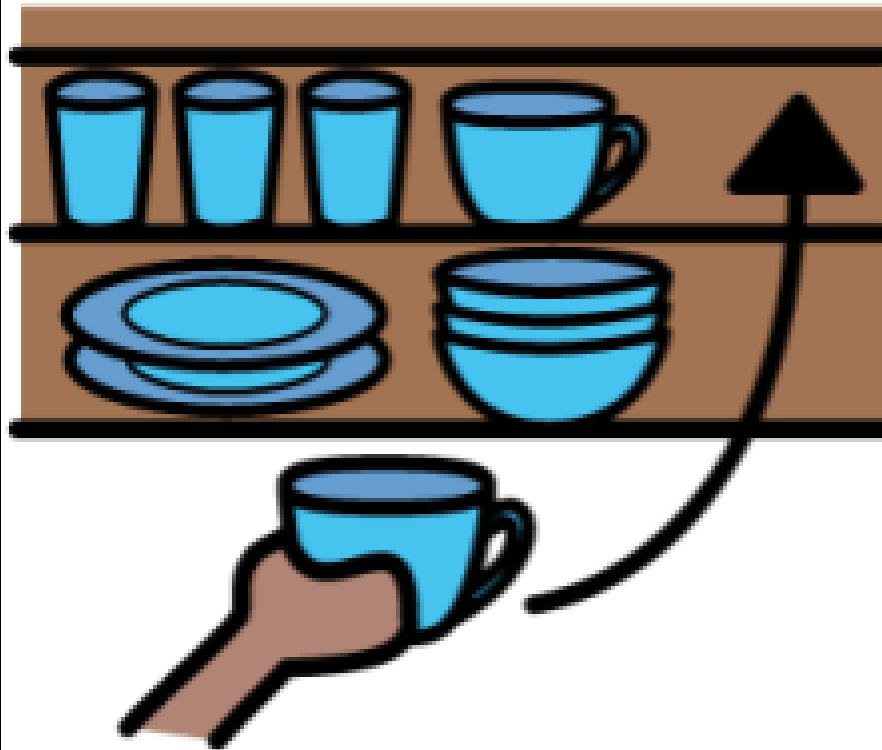


Time to tidy up

wash dishes



put dishes away



clean table



finished

