



## Harvest Vegetable Soup

**Serves:** 4 adults

**Preparation time:** 15 mins

**Cooking time:** 30 mins

### Ingredients:

- 1 medium onion chopped finely
- 1 leek trimmed and sliced
- 1 carrot diced
- 200g swede or turnip diced
- 1 medium sized potato diced
- 400ml reduced salt vegetable or chicken stock
- 1 tbsp cornflour
- 600ml 1% fat milk
- 75g sweetcorn
- 1 pinch ground black pepper
- 4 wholemeal rolls



### What to do:

1. Put the onion, leek, carrot, swede or turnip, potato and stock into a large saucepan. Bring to the boil, then reduce the heat and simmer, partially covered, for 25 minutes, until the vegetables are tender.
2. Blend the cornflour to a smooth paste with 2-3 tablespoons of the milk. Add the remaining milk to the saucepan with the sweetcorn, and then stir in the blended cornflour. Heat gently, stirring constantly, until the soup thickens and just begins to boil.
3. Season with black pepper and ladle into bowls. Serve each portion with a wholemeal roll.

**Don't forget!** You can buy all of the vegetables for this recipe at your local Surrey Street market.

To find out more about cooking, growing and how you can be a part of the Food Flagship Programme visit [www.croydon.gov.uk/foodflagship](http://www.croydon.gov.uk/foodflagship)



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