

Sunday - Lunch

Creamy Veg Soup



Ingredients

- 2 carrots, diced
- 1 onion, diced
- 2 potatoes, diced
- 1 litre of vegetable stock
- 40g Porridge oats
- 2 pinches Pepper

Methods

1. Put the veg into a saucepan.
2. Add the stock.
3. Add the porridge oats.
4. Add the pepper and stir everything together.
5. Place the lid on and heat till it comes to a rolling boil then reduce the heat till it's simmering (gentle bubbles).
5. Simmer for 40 mins.
5. Taste and season with more pepper if needed.