

Tuesday - 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 vegetables in a saucepan.
2. Add the stock.
3. Add the porridge oats.
4. Add the pepper and stir everything together.
5. Cover the saucepan and bring it to a rolling boil. Then reduce the heat to a simmer with gentle bubbles.
5. Let it simmer for 40 minutes.
5. Taste and season with more pepper if desired.