



CRÈME FIELDS SOUP

Recipe by Devon Crowley: Winner Age 11-18 Starters Category 2013

Devon Crowley

Serves: 4 People
Prep Time: 10 minutes
Cook Time: 30 minutes

Ingredients:

200g of any chopped raw vegetables
e.g. onions, carrot or celery, or any
pre-cooked vegetables.
300g potatoes
1 tablespoon of vegetable oil
700ml vegetable stock
1 tablespoon of crème fraîche
Fresh herbs for serving

Step by step:

- 1 Fry the chopped, raw vegetables in a pan with the cubed, peeled potatoes and with a little oil. Fry for a few minutes until the vegetables are beginning to soften. (Add pre-cooked vegetables towards the end and before blending)
- 2 Add the stock and simmer for 10-15 minutes until the vegetables are soft. Blend until smooth with no bits and season to taste.
- 3 Serve with a small blob of crème fraîche and a sprinkle of fresh herbs.

Note: that appearance will vary depending on the vegetables used in the recipe.

Each portion based on 4 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
148	3.1g	7.1g	1.5g	2.2g	2.5g
7%	3%	10%	8%	37%	10%

of an adult's guideline daily amount



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TASTE GREAT!**



Chef's tips *from Devon*

Make sure the soup is really smooth by stirring well before you pour out. You may need to add a little more water to cover the veg. If you experiment with different vegetables, think about the colour the soup is likely to be. Romantic lighting can come in handy!!

Use up

Add cooked and uncooked vegetables that need using.

Variations

The instructions are adaptable for many different vegetables, the possibilities are endless!

Extra flavour

Try adding a pinch of chilli, more pepper if you like spicy food or fresh herbs for a more exotic flavour.

Freezer advice

For best results, cool down any leftover soup quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or in a saucepan on the hob, heating thoroughly until piping hot.

Vegetarian & vegan options

Brilliant for vegetarians and vegans.

Allergy advice

Easily adaptable to avoid allergens and be suitable for most diets.

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So versatile and a great way to use up remaining vegetables! This low calorie recipe is also delicious and can easily be spiced up or used as a base for sauces. Warm from a flask, it makes an essential addition to your concert and festival survival kit.

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit recycleformerseysideandhalton.com

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