

## Vegetable Soup



### How to:

1. Ask your child to wash their hands before cooking
2. Encourage your child to help you gather together the utensils and ingredients you will need to make the Vegetable Soup (see below)
3. Work together to cut up the vegetables (see Top Tip below). It does not matter if the chopped vegetables vary a little in size
4. Fill a kettle with water and wait for it to boil
5. Melt your butter or oil in a large pan then add the vegetables. Stir them around so they are all coated with the butter or oil. Add enough boiled water from your kettle to cover the vegetables
6. Add the stock cube and herbs
7. As the vegetables cook, add more water when needed to ensure they are always covered. It will take around 20 minutes for the vegetables to be cooked
8. When the vegetables are all soft, turn off the heat. If you like a smoother soup, use a hand blender or a potato masher to get the desired texture

### Adaptations:

- As you gather the ingredients, explore them with your child. Look at their different shapes, colours and textures. Invite your child to feel and smell the vegetables. Tell your child how they are grown. This might lead to you growing some of your own.
- You can also add some pasta, rice or lentils (place these in the pan after you have added the boiled water)

### Utensils:

- Chopping board/s
- Sharp adult knife and safe scissors
- Kettle
- Large pan
- Wooden spoon
- Potato masher or fork

### Ingredients:

- A variety of vegetables; leek, potato, carrot, green beans, celery, long-stemmed broccoli, peppers, baby corn, tomatoes, mushrooms, spring onions
- 1 tablespoon of butter or oil
- 1 teaspoon of a dried herbs of your choice, e.g. thyme, basil, parsley or a mixture of these
- 1 vegetable stock cube



### Top Tip

You can use any vegetables you have to make this soup. The adult should cut the vegetables into thin strips with a sharp knife and then invite your child to cut them into smaller pieces with safe scissors. It's a great opportunity for your child to practice their scissor skills.