

To make good soups you need fresh ingredients but often you can substitute fresh herbs for dry and stock cubes in place of freshly made stock.

The soups that I have made for the Tuesday suppers are all suitable for lacto-vegetarians but not vegans though they can be adapted. At the request of a number of the attendees I am putting up the recipes on the church website so you can have a go at making them yourselves. Each recipe should give about four servings.

## 1 Minestrone

2oz each	carrot, onion, swede, celery, leek peeled and cut into small pieces
1 clove	garlic crushed
2oz	margarine or butter
1 tin	chopped tomato
1 ½ pints	water
1	vegetable stock cube
	a little chopped parsley and oregano
2oz	spaghetti broken into small pieces
2oz	potato peeled and cut into small pieces
2oz each	garden peas and chopped green beans
	Seasoning.

### Method

1. Cook the first selection of vegetables very gently with the garlic in the margarine. Be careful not to colour them. Putting a lid on the pan will help.
2. Add the tin of chopped tomato, the water and the stock cube, bring to the boil and allow to simmer for about fifteen minutes.
3. Add the broken pieces of spaghetti and the chopped potatoes and cook for a further fifteen minutes.
4. Add the peas and beans and bring back to the boil.
5. Correct the seasoning by adding salt and milled black pepper. If it tastes a little on the sour side because of the tomato, you can always add a little sugar or even a little tomato ketchup. Be careful with the salt because the stock cube will be a little salty and it's easy to add too much.

