

2 Creamy Farmhouse Vegetable Soup

2oz each	carrot, onion, swede, celery, leek peeled and cut into small pieces
2oz	margarine or butter
2oz	plain flour
1½ pints	water
1	vegetable stock cube
½ pt	milk
2oz	peas
	Chopped parsley
	Seasoning

Method

- 1 Cook the first selection of vegetables gently in the margarine or butter being careful not to allow them to colour – a lid on the pan will help.
- 2 Stir in the flour and allow it to cook for a few minutes.
- 3 Stir in the water a little at a time so that it makes a smooth mixture.
- 4 Add the stock cube and bring to the boil – allow to simmer gently for fifteen minutes. It should have a fairly thick consistency at this point
- 5 Stir in the milk and bring back to the simmer
- 6 Add the peas and allow to simmer until the vegetables are soft.
- 7 Season with salt and freshly milled pepper. Remember your stock cube is salty so be careful of how much salt you add.

NB. *Don't add the milk too soon or allow it to boil for too long as it may 'split' and leave your soup thin and speckled white.*

