

LETTUCE AND LEFTOVERS SOUP



QUICK

Less than 10 mins
prep time

HEALTHY

Lettuce contains Vitamin A
which is essential for
healthy vision

FAMILY

Feeds 5
for 2 meals

MEALS

Delicious served with a
swirl of natural yoghurt

INGREDIENTS

- 1 large onion
- 1 large potato - washed
- 1 fat garlic clove
- 1 tbs vegetable stock
- 2 lettuces
- Any leftover veg that you want to use up..... I used:-
 - 2 courgettes
 - 2 leeks
 - ½ cauliflower
 - A large handful of spinach

METHOD

1. Chop your onion and leeks (if using)
2. Heat 1 tbs oil in a large saucepan
3. Add onions and leeks and sauté whilst you prep your other veg
4. Add the garlic
5. Add the rest of your veg – chopped
6. Peel and chop the potato – the smaller the pieces the quicker it will cook. No need to peel the potato – the fibre is in the skin.
7. Add the potato to the pan
8. Add the lettuce – chopped roughly
9. Fill with cold water until just covered
10. Bring to the boil and simmer until the potatoes are soft
11. Add 1 tbs vegetable stock
12. And blend till smooth
13. Taste, add salt and pepper and more stock if necessary



TOP TIP !

This is a great way to use up any veg that is past its best. Think about the colours though...red veg won't look quite the same!



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com