

courgette soup

what you will need

1 kg/2lbs courgettes
250g/10oz potatoes
2 cloves of garlic
1 onion chopped
1 tablespoon olive oil or sunflower oil
150g/6oz soft cheese
Handful of fresh chives chopped
1½ pints of water
2 stock cubes

get cooking

Wash courgettes and cut into chunks.

Wash and peel potatoes and cut into small cubes.

Heat oil in a large pan and add onions and garlic.
Cook gently for 5 mins to soften.

Add potatoes, stir and then gently cook for 15 mins with a lid on the pan.

Add the courgettes, stir and cook for 5 minutes until softened, stir occasionally.

Add the water and crumbled stock cubes, bring to the boil and then turn down and simmer for 10 minutes or until the potatoes are soft.

Remove from the heat and liquidise the soup either by mashing or using a blender.

Add the cheese and chives.

Add black pepper and serve with chunks of bread.

by **BedZED**
Pavilion lunch club

Serves 4

Preparation time = 15mins

Cooking time = 35mins

**Cost per serving =
less than £1.25**

**5 a day portions
per serving = 1**

alternatives

Try different herbs e.g. parsley, thyme.

Float a piece of brie on the top or try a swirl of low fat yoghurt, a sprinkling of herbs and parmesan or a little crisp bacon.

top tips

You can add any vegetables you have in your kitchen - even ones that are getting a bit old- leeks, broccoli, spring onions etc.

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