



Happy Days Nurseries & Pre-Schools

Vegetable Soup



Ingredients:

- 2 Carrots
- 2 Parsnips
- 1 Onion
- 1 pint of water
- 2 low salt vegetable stock cubes

Equipment:

- Bowls of water
- Scrubbing brush
- Safety knife
- Chopping board
- Cooking pot
- Blender

Directions :

1. Cut off the tops and bottoms of the carrots, parsnips and onions
2. Scrub the root vegetables
3. Peel the onion
4. Cut the vegetables into cubes
5. Put the vegetables into a saucepan with the water and stock cubes
6. Bring the soup to the boil and simmer until the vegetables are tender
7. Blend the soup, serve and enjoy!



Happy Days
Where Children Shine

