

# Winter farmhouse broth with toasted pitta wedges

(Serves 5)

## Ingredients

### For the Soup:

- 200g Country soup mix, raw
- 1 tbsp Oil, Rapeseed (Canola)
- 200g Onions, finely diced
- 150g Celery, finely sliced
- 250g Carrots, finely diced
- 250g Potatoes, peeled & cut into small cubes
- 2 Stock pots, (knorr vegetable)
- 2.0 litres Water
- 1/2 tsp Mixed herbs, dried
- 2 tbsps Tomato puree
- 1/2 tsp Black pepper

### For the Pitta bread:

- 1 per person Pitta bread, wholemeal

## Preparation

1. Soak Country soup mix overnight as per packet instructions.
2. Rinse with fresh, cold water, drain & set aside.
3. Heat oil over a medium heat in a large pan.
4. Add onions, celery, carrots & potatoes & fry for 5 minutes.
5. Prepare stock. Stir in the stock, mixed herbs, pre-soaked country soup mix & tomato puree.
6. Bring to boil then simmer with a lid on for 1 hour & 45 minutes, stirring occasionally.
7. Season with black pepper.
8. Toast the pitta bread & cut into wedges.
9. Serve broth with the toasted pitta wedges.

**TOP TIP:** Real comfort food & very warming & filling on a cold day.

## NUTRITIONAL VALUES

### PER SERVING

Calories 377

Total Sugars 10.22g

Total Fats 5.6g

Saturated Fats 1.34g

Salt 2.09g

Fruit & Veg 2