



# Ingredients



200g

chopped

raw

vegetable

such as



onion,



celery

+

and



carrots



300g

potato



1tbsp

oil



700ml



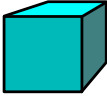

vegetable



stock






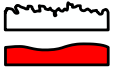
## Method

**1**   and  the  vegetables.

**2**  the  vegetables in a little  oil for a few  minute until they begin to soften.

**3**  the  stock

**4**  the  stock to the  vegetables and  simmer for  10-15  minutes.

**5**  Once the vegetables are tender,  blend the  mixture until  smooth.