

MOULDY VEG SOUP/STEW



THE ALL ROUND SEASONAL SOUP AND STEW.

Food waste is a big problem throughout many homes, we have an easy solution to stop this! You may see the title and think EWWWW Mouldy VEG but what we really mean is your leftovers in the fridge from the week.

Sometimes you get to the end of the week and have that odd parsnip or onion that has not been used, you look and think what can I make from all of this? We have a simple recipe to resolve that!

INGREDIENTS

- ALL of your left fruit and vegetables
- Your favourite spices or herbs
- Vegetable stock or gravy
- Boiling Water
- Sliced Bread

COOKING TIMES

Stew - 1 Hour on hob in a pan
Stew - 3 Hours in a Crock Pot
Stew - 6 Hours in Slow Cooker

Soup - 1 Hour on hob in a pan
Soup - 6 Hours in Crock pot

METHOD - STEW

1. This can be cooked in - slow cooker, crock pot or any big cooking pot.
2. Cut up all your left-over fruit and vegetables (removing any mould!)
3. Throw it all in the pot and leave to boil in hot water until soft
4. Add your spices and gravy to bring the stew thicker
5. Leave to simmer until the gravy has turned thick.
6. Butter your bread and pour the blended vegetable stew into your bowl

METHOD - SOUP

1. This can be cooked in a crock pot or any big cooking pot.
2. Cut up all your left-over fruit and vegetables (removing any mould!)
3. Throw it all in the pot and leave to boil in hot water until soft
4. Add your spices and gravy to bring the soup thicker
5. Keep simmering the vegetables until they are incredibly soft and mushy.
6. Blend with a blender
7. Butter your bread and pour the blended vegetable soup into your bowl

