

PEOPLE'S KITCHEN

Watercress soup recipe



Ingredients:

- 1oz butter or oil
- 1 x bag watercress
- 1 x Carrot
- 1 x Stick Celery
- 1 x Onion
- 1 x large Potato
- 1 litre Vegetable Stock
- Salt & pepper

Optional – cream or crème fraîche

Method

1. Heat the butter or vegetable oil in a large pan and add the onion, potato, celery and carrot. Cook for 3-4 minutes until starting to soften.
2. Add the vegetable stock and bring to the boil. Season well and simmer until the vegetables are tender. Add the watercress and simmer for further 5 minutes
3. Whizz with a hand blender or in a blender until smooth or leave chunky. Reheat in a clean pan, stir in cream or crème fraîche if desired, heat through and serve.
4. Enjoy with crusty bread & butter!



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