



We have a confession to make?. We often cook far too many vegetables and also end up with bits of leftover meat. Most folk would throw these in the bin, but we?re a bit tight like that. So it all ends up in the freezer in boxes. But the freezer is not a bottomless pit.

So yesterday we had a ?Soup Making Day? Nothing goes to waste here. I can?t give you exact ingredients for this soup but basically you?ll need the following.

Ingredients:-

Vegetables and meat leftovers from the freezer

2 Stock cubes

1 Wuzzer (We got ours as a freebie via Amazon when we switched energy suppliers) ? That?s a food processor to most folk.

Method:-

(1) Thaw everything you have stored in boxes.

(2) Boil 2 Stock cubes in 500ml of water.

(3) Blitz everything apart from the stock.

(4) Place in a large pan and add enough stock to make a reasonable soup liquidity.

(5) Bring to boil.

(6) If you are not going to eat today allow to cool and freeze in portions.

We have a few verbs and bits an bobs which we are growing in tubs on our balcony, so I dressed the soups up with those, a Gluten free cracker and a bit of grated Cheese. Looks good, tastes better!