

Homemade Vegetable Soup

... an easy, healthy, tasty and fast recipe everyone can cook!

Recipe for 6 servings

Preparation: 15 min / Cook: 30-40 min / Total: 45-55 min

Materials/tools needed:

- Cooking pot (should have a volume of at least 4 litres)
- Cooking spoon
- Chopping board
- Sharp knife

Ingredients:

3 tbsp	Olive oil
1	Onion (medium)
2 gloves	Garlic
¼ stick	Leek
1	Celery
2	Carrots (medium)
1 tbsp	Tomato purée
½ tbsp	Bell pepper powder
½ head	Broccoli
½ head	Cauliflower
2	Tomatoes
2 litres	Vegetable broth
1 tsp	Black Pepper
2 tsp	Salt

Tbsp = tablespoon

Tsp = teaspoon

Directions:

1. Cut the onion, garlic, leek, celery, carrots and tomatoes into cubes and split the broccoli and cauliflower into little roses.
2. Heat the oil in the cooking pot and add the onion, garlic, leek celery and carrots first and roast it gently for 2-3 minutes; then add the broccoli and cauliflower roses as well as the tomato purée and bell pepper powder and roast everything for another 4-5 minutes.
3. Add the diced tomatoes and pour in the vegetable broth.
4. Let it simmer for 15-20 minutes, do not forget to stir from time to time.
5. Spice the soup with black pepper and salt.
6. The soup is ready to be served.