

## Carrot & Red Pepper Soup

1 or 2 cloves of garlic  
1 onion  
3 carrots - organic pref.  
1 red pepper  
1 medium potato  
Vegetable stock cube  
Pinch of pepper/salt  
Oil/butter for sauté

- Sauté the chopped garlic and onion for 2 mins in a saucepan (without colouring)
- Add 500ml boiling water to stock cube
- Roughly chop vegetables and add to pan along with stock & seasoning
- Simmer gently for 45 mins,
- When cooled liquidise to make a thick soup
- Eat while hot with fresh crusty bread - or freeze