



I've updated this recipe. I came across Delia Smith's recipe for Potato and Leek soup and after trying that I decided this recipe could be a lot better. I've changed the milk from semi-skimmed to whole, added a little cream, added some stock and let the veg cook for longer. Altogether it makes it taste that bit yummiier.



### **The way I make Potato, Courgette & Onion Soup is** **Ingredients**

**Serves 4**

- 2 medium-sized potatoes, diced small
- 2 medium-sized white onions, chopped small
- 1 large courgette/zucchini, halved length-wise then sliced
- 1 tbsp sunflower oil
- 1 pat of butter
- salt and pepper
- 400ml light vegetable or chicken stock
- 125ml whole milk
- A little fresh cream (*optional*)

### **Instructions:**

1. Heat the oil in a large saucepan. Add the butter and allow to melt, Add the potato, courgette and onions, and reduce the heat to low. Stir the vegetable well for a minute or so making sure that they are covered in the butter. Sprinkle over the herbs, salt and pepper and stir around once more. Then cover the pan and leave to sweat for 15-20 minutes.

2. Stir in the stock and milk. Increase the heat to medium-high. Just as it is coming to the boil reduce the heat, cover and leave to simmer for 20 minutes. ( *You may have to watch that it doesn't boil over - best thing is to use a deep saucepan for this.*

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3. Puree with a blender. Or you could push it through a sieve. Season to taste.
4. When serving add a little swirl of fresh cream into each bowl if you have it.