

## Hearty Veg Soup

### Ingredients:

1 tablespoon of sunflower/vegetable oil  
1 onion, chopped  
2 cloves of garlic, chopped or crushed  
1 sweet potato, chopped  
200/250g mixed casserole veg  
50g (handful each of lentils and dried pasta)  
1litre of water  
2 tablespoon mixed herbs  
1 tablespoon of paprika  
2 tablespoon of tomato puree  
1 400g tin of tomatoes  
1 low salt stock  
Couple of strips of cooked chicken  
or ham (optional)

### Equipment:

Chopping Board  
Knife for cutting  
1 Large Pan  
1 wooden spoon or similar  
1 Tablespoon  
Garlic Crusher (optional)  
Blender (optional)  
Slow cooker (optional)

\*\* This recipe is a guide you can add in/take away any of the ingredients to suit your individual preferences\*\*

**Dewch i Goginio!**  
**Come and Cook!**

