

PEA & MINT SOUP



This soup is quick to prepare and can be made with fresh peas, maybe grown at the school or frozen peas that are just sitting in the freezer waiting to be made into something delicious.

 Makes 4 servings

 45mins

**LOVE
FOOD**
hate waste

Ingredients

- 750ml boiling water
- 1 reduced-salt vegetable stock cube
- 2x 15ml spoons rapeseed oil
- 2x 15ml spoons fresh mint
- 1 small onion (chopped)
- 1 stick celery (chopped)
- 500g fresh shelled OR frozen peas
- Ground black pepper (optional)
- Reduced-fat crème fraîche OR low-fat natural yoghurt (optional)

How to make the soup

- Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir with wooden spoon until dissolved.
- Wash the fresh mint and put into cup, chop with scissors put to side for later.
- Heat the rapeseed oil in the pan over a gentle heat.
- When the oil is hot put in the onion and celery and cook with the lid on stirring occasionally to stop the ingredients sticking to the bottom of the pan do not brown.
- Put the peas in the saucepan, stir to mix in with the onions and celery and add the stock.
- Bring to the boil, reduce the heat, stir and simmer for 10 minutes.
- Take off the heat and add the mint.
- Let the soup cool a little.
- Carefully blend the soup until smooth.
- Add black pepper to taste (if using).
- Serve with 5ml spoon of reduced-fat crème fraîche or low-fat natural yoghurt (optional).



Food waste tip

Got leftover mint? Fresh herbs like mint can be frozen for another time.

LEEK & POTATO SOUP

We bin half a million potatoes every day from our homes in Scotland. This soup is perfect for making sure tatties don't go to waste.



Makes 4 servings



40mins

**LOVE
FOOD**
hate waste

Ingredients

- 1 medium potato (about 250g), peeled & diced
- 2 leeks (about 350g), trimmed washed & finely sliced
- 1 medium onion, finely diced
- 1 reduced-salt vegetable stock cube
- 750ml water
- 1x 15ml spoon vegetable oil
- 150ml semi-skimmed milk
- Ground black pepper (optional)
- A few chives for garnish (optional)

How to make the soup

- Put the chives in a cup and snip into small pieces with your scissors. They will be used as a garnish.
- Peel and chop the potato into small pieces.
- Remove the green top and root end of the leeks, and discard the outer layer and wash. Slice into 1cm pieces.
- Wash the leek slices and drain well in the colander.
- Peel and finely chop the onion using the claw and claw technique.
- Pour 750ml boiling water into the measuring jug, crumble in the stock cube and stir with a wooden spoon to dissolve.
- Place the oil in the saucepan and add the onion. Place over a low heat and cook the onion gently until soft but not brown. This will take about 5 minutes.
- Add the leeks and potato and continue to cook gently for a further 5 minutes, stirring to make sure that the leeks don't stick to the pan.
- Pour in the stock gently to avoid splashing, bring to the boil and then reduce the heat to a gentle simmer (small bubbles). Place the lid on the saucepan and cook for about 20 minutes until the potatoes are soft.



Food waste tip

Storing potatoes in a cool, dark place will help keep them fresher for longer.

LENTIL SOUP



This soup is a hearty and warming soup for winter and great for using up leftover veggies.

 Makes 4 servings

 30mins

**LOVE
FOOD**
hate waste

Ingredients

- 2 tbsp vegetable oil
- 1 onion, chopped
- 1 garlic clove, peeled & crushed
- 2 medium carrots (approx 110g), cut into small chunks
- 200g celery (2 sticks), sliced
- 100g red lentils
- 750ml vegetable stock

How to make the soup

- Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir with wooden spoon until dissolved.
- Heat the oil the saucepan over medium heat, then add the chopped onion, celery and carrots, stirring well, and cook for 5 minutes to allow the vegetables to soften but not brown.
- Pour in the vegetable stock, then add the lentils, and bring to the boil.
- Simmer (small bubbles) for 15-20 minutes.
- Test the soup to ensure that lentils are cooked.
- Add more stock if its' too thick.



Food waste tip

Got leftover soup? Lentil soup freezes really well. Use a container or freezer bag and simply store your soup in the freezer until you fancy it next.

MINISTRONE SOUP

This is a great soup for using up all those left over veggies in the fridge. We waste £150 million worth of fresh veg and salad from our homes each year in Scotland.

 Makes 4 servings

 45mins

**LOVE
FOOD**
hate waste

Ingredients

- 3 tbsp Vegetable Oil
- 1 medium onion, finely chopped
- 1 medium leek, trimmed, washed & finely chopped
- 2 stalks celery, trimmed and finely chopped
- 2 medium carrots, chopped
- 400g can chopped tomatoes
- 1 clove garlic, finely chopped
- 750ml water with one reduced salt stock cube
- 2 tsp fresh oregano, chopped or 1 tsp of dried oregano
- 1 tbsp tomato puree
- 30g frozen peas or peeled fava beans
- 30g dried pasta, small shapes
- Grated Parmesan or other hard cheese, to serve

How to make the soup

- Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir with wooden spoon until dissolved.
- Heat the oil the saucepan over medium heat, then add the chopped onion, leek, celery and carrots, stirring well, and cook for 5 minutes to allow the vegetables to soften but not brown.
- Stir in the chopped tomatoes, and the garlic.
- Pour in the vegetable stock, then add the herbs, and mix in the tomato paste and bring to the boil.
- Add the frozen peas, and pasta and simmer [small bubbles] for 10-15 minutes.
- While the soup is cooking, using the fine side of the grater, grate your parmesan to use as a garnish.
- Test the soup to ensure that paste is cooked.
- Add more stock if its' too thick.
- Ladle into soup bowls and sprinkle grated parmesan cheese over the top.



Food waste tip

When making soup it's a good idea to make a big batch and freeze for a later date. That way you have a healthy & delicious ready meal waiting for when you need it.