

Bogeyman soup : gorgeous, green and crammed with veggies, but don't tell the kids ... : Change4life / [produced by COI for the Department of Health].

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bogeyman soup



**Gorgeous, green and crammed with veggies
- but don't tell the kids!**

Serves: 4

Preparation time: 15 minutes

Cooking time: 25 minutes

Rough cost for recipe: £1.80

**change
4 life**

Eat well Move more Live longer



bogeyman soup

WHAT YOU NEED

2 leeks, washed and sliced
250g broccoli, broken into small 'trees'
250g potatoes, peeled and chopped into bite-size chunks
100g spinach, washed
3 vegetable or chicken stock cubes

600ml (1 pint) of boiling water
300ml (½ pint) semi-skimmed milk
A small pot of low-fat natural yoghurt
Ground black pepper

WHAT YOU DO

STEP 1 Pour the boiling water into a large saucepan and crumble the stock cubes in, stirring all the time. Add the leeks, broccoli and potatoes.

STEP 2 Put the lid on the pan, and simmer over a low heat for 15-20 minutes until the potatoes are soft (you can test them with a fork).

STEP 3 Add the spinach and simmer gently for another 2 or 3 minutes until the leaves 'wilt', then turn the heat off and leave the soup in the pan to cool down slightly. Once it has, blend it all together with a hand-held stick blender – be gentle, it might splash – or pour it into a food processor and whizz it up.

STEP 4 Add the milk and gently reheat the soup for 5 or 10 minutes. Season with the black pepper, add a dollop of yoghurt to the top and serve with crusty bread.

STORAGE TIP This soup will happily keep for 2 or 3 days in the fridge as long as it's covered – just remember to thoroughly heat it up again when you want to serve it.



For more great recipes, visit
www.nhs.uk/cook4liferecipes