

Minety Shop Courgette Soup

Ingredients (serves 4)

1tbs olive oil
1 onion
2 cloves garlic
0.5 kg (1lb) Minety-grown courgettes
250g (8oz) potato
850ml (1.5 pints) water
1 stock cubes
45g (1.5 oz) Parmesan or Cheddar cheese (optional)
Salt & pepper to season

Method

- 1 Roughly chop onions, courgette and potato. Finely chop or grate garlic.
- 2 Heat oil in saucepan over medium heat and gently fry the onions until beginning to soften
- 3 Stir in courgette and garlic & gently cook for 2 minutes
- 4 Add water, potato and stock cube
- 5 Bring to boil and simmer for 10 to 15 minutes until the potato is cooked
- 6 Remove from heat and add cheese
- 7 Use food processor/ blender to blend to a smooth consistency
- 8 Season with salt and pepper to taste (Try adding basil or parsley or a little nutmeg or paprika for a variation)

Enjoy