



# A Season of Happiness



a Free recipe with our compliments

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R09

**GF Friendly**

## Vegetable Soup

a weight-watcher's low-calorie soup

- 1 Tbsp chicken stock powder
- 3 beef stock cubes
- 1 can tomatoes (mashed)
- 2 medium potatoes
- 2 carrots
- 1 medium onion
- 3 celery sticks
- 1 cup finely-chopped pumpkin
- 2 litres water
- Salt & pepper to taste



Peel, then grate potatoes and carrots. Finely chop the other vegetables. Put all the ingredients into a large pan and bring to the boil. Turn down the heat, cover and simmer 45 minutes, stirring occasionally. Once cooked, the soup can be put through a blender or food processor for a smoother texture if desired.

Makes 12 250ml cups

Refrigerate when cold

The soup can be served as an entrée, eaten as a between-time snack, or paired with club sandwiches for a tasty alternative to coffee and cookies during a get-together with friends. Low in calories, it is a great hunger-buster that can be eaten anytime without the risk of increasing body fat.

The above recipe is just a starter and the ingredients can be changed to suit individual tastes and preferences. Variations can include green beans, sweet potato, zucchini (courgette), swede, turnip, parsnip, etc. Weight-watchers should avoid peas and sweet corn. Also try different combinations of stock flavours.

Adding a little spice to individual serves makes a nice change, especially when you have soup two or three times in any one day. Curry powder, chilli, Creole spice, Italian herbs, cardamom, you name it – the choice is yours.

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