

## TASTE WITHOUT WASTE

### Granny's Clean Out the Fridge Soup

Serves 4 – 6.

#### **Ingredients**

1 tbsp oil  
20g butter  
1 large onion  
1 large carrot  
3 stalks celery  
1 large potato  
1 parsnip  
800g can crushed tomatoes  
2 cups vegetable stock 4 sprigs fresh thyme  
Parsley  
2 – 3 cups of other vegetables of choice. I used 1 cup pumpkin, ¼ cauliflower, ½ zucchini  
About 1 cup small pasta of choice – shells, macaroni, risoni etc.  
Sea salt, pepper and sugar to taste.

#### **Method**

Chop vegetables into rough 2cm dice and the cauliflower into small florets.

In a large saucepan heat oil and butter. Sauté onion, carrot and celery for 10 minutes.

Add all other vegetables and sweat a further 10 minutes.

Add stock, tomatoes and thyme. Bring to boil and simmer, covered for approximately 30 minutes or until vegetables are soft. Add more stock/water if necessary.

Transfer to a bowl and leave to cool (about 15 minutes).

Meanwhile, bring a pot of water to boil and cook pasta. Drain.

Blend soup.

Place soup back in pot, season to taste and add more liquid to reach desired consistency. Add pasta and heat through.

Serve with buttered toast or fresh bread if you are feeling extra hungry!

*Source: Granny Brampton*

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