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cooking sessions!



Chrissie's Soup @ 7pm Wednesday 26th August

Ingredients:

- 250g Chunky pancetta or smoked bacon (if you want to use a meat alternative, use 2 tbsp Anarchy/umarmi)
- 1 large onion
- 1 large potato
- 1 or 2 carrots
- 1 stick of celery
- 1 green pepper
- 1 red pepper
- 1 yellow/orange pepper
- 1 litre of chicken or veg stock
- 1 tin of chopped tomatoes

Method:

In a large/heavy casserole pan, sauté the meat and onions until nicely browned

Cut all the veg into chunky pieces, having first peeled your potato and carrot and de-seed the peppers

Add all the veg to the pan and stir over a gentle heat for a few minutes

Add the chopped tinned tomatoes and stock then give it a stir

Finally put in salt and pepper to taste

This soup is more stew than soup but it's a big hit with my family. It's best cooked slowly in the oven for a couple of hours at 150*c or alternatively put into a slow cooker and cook @ low over night