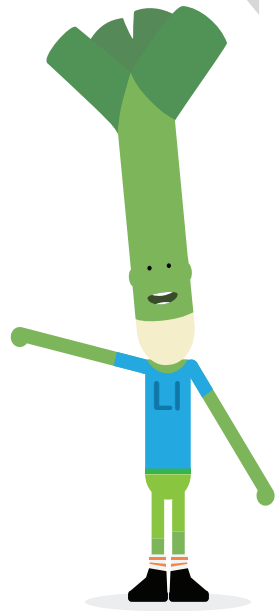


Heart healthy soup

Winter

I can play a part,
in protecting your heart.



Lee Leek

I clean your blood and fight
disease, make sure you cook
with lots of these.



Olly Onion

Leave on my skin,
to keep the fiber in.



Paddy Potato

What ingredients we are going to need

5 tbsp vegetable oil
2 Large onions (sliced) or 1 bunch spring onions (sliced)
6 medium leeks, sliced
1kg potatoes, cubed
2 litres vegetable stock
freshly ground black pepper

It is so easy to do

Heat the oil in a large pot, add the onions and leeks. Sweat for approx 5 minutes with the lid on. Add the potatoes and the vegetable stock and bring to the boil. Season with pepper and simmer until the vegetables are tender. Blend until smooth. Yummy

Why it is good for us

Leeks, onions and potatoes are beneficial in protecting your heart and blood from disease. Together all of these ingredients are helpful in preventing illness, keeping your cardiovascular and nervous systems in good health.