

## Bottom-of-the-Fridge Soup



1. Take all the veg from the drawer of your fridge!



2. Chop all the root veg & put on a baking tray + 1 tbsp of oil + ½ tsp salt.

3. Roast in the oven at 180C for 20 minutes.



4. Chop all other veg and add to the tray stirring it through.

## Bottom-of-the-Fridge Soup / cont



5. Continue roasting for 30 minutes until cooked.



6. Place it all in a blender with some water (less for pasta sauce, more for soup) and whizz until smooth.

This is the basic soup; you can add fresh chopped coriander and lemon juice at the blending stage, you can use coconut oil instead of vegetable oil at the roasting stage, you can add tinned tomatoes and less water..... there are hundreds of variations!!