

# Microwave Vegetable Soup

✓ Microwave only



## Equipment:

- Microwaveable bowl
- Spoon
- Tin opener if not using ring pull tins

## Ingredients for 1 portion:

- 1 tin of beans (any) in water
- 1 tin of mixed vegetables
- 1 stock cube (any type)
- 1 small tin of potatoes – chopped into small pieces
- Seasonings of your choice e.g. dried herbs, pepper, garlic powder

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

## Steps:

1. Heat 250 ml of water using a kettle or by heating in the microwave in a bowl.
2. Crumble the stock cube into the hot water and stir until dissolved.
3. Drain the beans and tinned vegetables and add to the stock. Mix in.
4. Add any seasonings of your choice.
5. Microwave for a further 1 minute on high.
6. Stir well and enjoy!