Vegetable soup

 Serves 4-6

Ingredients:



1 tbsp butter (eg Flora plant butter)

1 tbsp olive oil

1 onion, chopped

2-3 medium potatoes, chopped into cubes

2 carrots, chopped

1 parsnip, chopped

1 litre vegetable stock (eg Marigold vegan bouillon powder)

100ml soya single cream (eg Alpro single soya UHT)

Method:

1. Over a medium-high heat, melt the butter with the oil in a big pan. When the butter foams, add the onion and fry for 2 minutes. Add the veg and cook for 6-10 minutes until they start to soften. Add the stock and bring to the boil. Lower the heat and simmer for 15-20 minutes or until the vegetables are tender.
2. Liquidise and season. Stir in the cream before serving.