

Become a Souper Trouper...

And transform your leftovers into a delicious, winter-warming soup

Try

Pea & Mint Soup

Ingredients

Serves 4

750ml boiling water
1 vegetable stock cube
2 x tablespoons olive oil
2 x tablespoons of fresh mint (or 2 teaspoons of dried mint)
1 small onion (chopped)
1 stick celery (chopped)
500g fresh shelled or frozen peas
Ground black pepper
Spoonful of creme fraiche or low-fat natural yoghurt (optional)

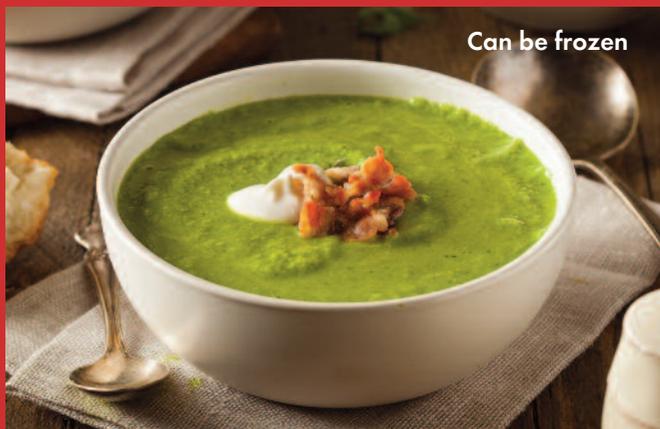
Tip

Method

1. Crumble the stock cube into 750ml of just boiled water and stir until dissolved.
2. Wash the fresh mint and chop using scissors. Put to one side for later.
3. Heat the oil in the pan over a gentle heat and add the onion and celery. Cook with the lid on stirring occasionally to stop the ingredients sticking to the bottom of the pan.
4. Put the peas in the saucepan, stir to mix in with the onions and celery and add the prepared stock.
5. Bring to the boil, reduce the heat, stir and simmer for 10 minutes.
6. Take off the heat and add the mint.
7. Once the soup has cooled a little, blend until smooth.
8. Add black pepper and a spoonful of creme fraiche if using.

Try garnishing with whole peas or a rasher of crispy bacon for extra interest.

Use up your potatoes for a variation of this recipe. Cut 4 potatoes into to small chunks and add at the same time as the onion and celery. Add extra stock to thin the soup if needed.



Can be frozen

Quick 'n' easy naans

(great as an accompaniment)

Ingredients:

250g of plain flour
2 tsp of baking powder
250g of natural/plain yogurt
Pinch of salt
Coriander, garlic, cheese, spices,
black onion or cumin seeds (optional)

Method:

1. Mix the flour, baking powder, yogurt and the pinch of salt together in a bowl to make a dough.
2. Bring the mix together to form a ball and knead for a few minutes.
3. Divide the dough into small balls and roll out into rough round shapes.
4. Fry in a hot, dry frying pan to start to char the outside of the naan.
5. To make variations on this recipe try adding warm spices, seeds or grated cheese to the flour or why not melt a little butter with some crushed garlic (or finely chopped coriander) and brush on the naan after cooking.



Every year in the UK we throw away £15 billion worth of food which could have been eaten.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away.

Good to know

Freezer

Top tips

When shopping buy a combination of frozen and fresh foods for convenience and check to see if fresh foods can be frozen for later. Foods with use-by dates can be frozen right up to the end of that date.

Successful freezing

Keep a freezer list; note down items as you put them in the freezer and cross them off as you take them out.

Label containers and bags with their contents and the date that you freeze them. Expel any air and seal well to prevent freezer burn.

Did you know?

Most foods can be frozen; from tomatoes to cooked leftovers. On pre-packed food, look for the 'snowflake' logo which indicates the product is suitable for home-freezing.

For more tasty winter-warming soup recipes and tips to help you reduce your food waste visit:
www.recycleforgloucestershire.com