

Vegetable Cawl

Ingredients

- 1 onion - roughly chopped
 - 6 medium potatoes – peeled and chopped
 - 3 carrots – peeled and chopped
 - 1 small swede or 2 parsnips – peeled and chopped
 - 2 leeks – washed and sliced
 - 1 small bunch fresh parsley
 - 750ml vegetable stock
 - Salt and pepper to taste
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Method

Be careful and prepare with an adult.

1. Peel and cut the vegetables. Place them in bowls.



2. Prepare the stock and put it in a large saucepan.



3. Carefully add the potatoes, carrots and parsnips to the stock and simmer until cooked. Add more vegetable stock if required at this point. Season with salt and pepper.



4. Add the shredded leeks and just before serving throw in the roughly chopped parsley. You can thicken the cawl if required with a paste made with flour and water.

Enjoy your cawl with a fresh slice of bread!

