

Healthy & Warming Vegetable Soup

Here's a list of ingredients that you can use to make this tasty and healthy soup. Feel free to experiment with whatever veg you have to make your own delicious dish:

- 1 onion (red or white) - 8g/100g
- 2 celery sticks
- Leeks/broccoli
- 3-4 carrots (8g/100g) or swede (5g/100g)
- White potato/sweet potato to thicken (20g/21g per 100g) or parsnips (13g/100g)
- 500ml vegetable or chicken stock
- Seasoning to taste



Carbohydrate Counting your Soup

Here's how to carb count the veg in your soup.

1. Work out which veg contain carbohydrates.
2. Weigh your raw veg and make a note of the weight for each type of veg.
3. Check the amount of carbohydrate per 100g for the veg you're using - Carbs and Cals is a good reference tool to help work this out. Then use the following formula to work out the number of carbs for your raw veg:

Raw veg carbs per 100g \div 100 x total weight of the raw veg = total carbs

e.g. Raw carrots = 8g carbs per 100g \div 100 x weight of raw carrot (254g) = 20g carbs.

4. Repeat this process with all the raw veg containing carbohydrates and then simply add it all together and divide by the number of portions.

Bon Appetit



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