



Clean out the Fridge Soup Recipe



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Save

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Want to reduce your food waste? Use up your leftover vegetables and herbs with this easy adaptable recipe.

VEGETABLE LEFTOVERS SOUP RECIPE

Cuisine: Vegetarian | **Serves:** 1 big pot of yummy soup!

Prep time: 10 mins | **Cook time:** 30 mins | **Total time:** 40 mins

This recipe gives you the basic ingredients so you can adapt to what you have in your fridge. Use vegetables/herbs you love most.

Ingredients

- 1-2 onions chopped (or a leek or spring onions)
- 1-2 cloves garlic crushed
- Any spices you have to add flavour and nutrients (e.g. chilli, a knob of turmeric or ginger, grated)
- Soup stock (make your own, use vegetable stock or just boiling water)
- Vegetables, chopped or grated (any and all will do!)
- Season to taste with vegetable or mineral salt and ground pepper
- Fresh herbs to garnish (for digestive enzymes)

Instructions

1. Wash, chop and peel vegetables/herbs. (You can roast your vegetables first for extra flavour or use up leftover roast vegetables in this soup).
2. Add onions and garlic to a large pot on your cook top with 1 tblspn water (or oil if you prefer).
3. Cook on medium heat and stir until golden brown for a few minutes.
4. Add vegetables, spices and herbs if using. Cover with stock or water. Add seasonings.
5. Cover and bring to the boil. Turn down to a gentle simmer for about 30 minutes until cooked and soft.
6. If you like a chunky soup, leave it as it is or blend until smooth. Taste test and adjust seasoning if needed.
7. Serve hot or chilled. Sprinkle with fresh herbs and enjoy!



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