

Become a Souper Trouper...

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

Try

Leek & Potato Soup

Ingredients

Serves 4

1 medium potato (250g) peeled and diced
2 leeks (350g) trimmed, washed and finely sliced
1 medium onion, finely diced
1 vegetable stock cube
750ml water
15ml vegetable oil (or butter)
150ml semi-skimmed milk
Ground pepper for seasoning
A few cut chives for garnish (or parsley)

Tip

Method

1. Snip the chives using scissors and put aside for later.
2. Peel the potato and onion and chop into small pieces.
3. Remove the very top and root end of the leeks, discard the outer layer. Slice into 1cm pieces. Wash well and drain using a colander.
4. Dissolve the stock cube by crumbling it in 750ml of just boiled water.
5. Place the oil in the saucepan and add the onion.
6. After a few minutes add the leeks and the potato.
7. Once the vegetables have softened add the stock. Bring pan to the boil and reduce to a simmer for 5-10 minutes until the vegetables are just cooked.
8. Puree using a blender. Season. Add the milk and bring back to a gentle simmer before serving.

To add a bit of crunch add a sprinkling of roughly chopped crispy bacon to the top of your soup.

Use up bread beyond its best by lightly toasting it and serving alongside your soup.

Alternatively, bread can be refreshed by running it quickly under a tap and then placing it in a warm oven for a few minutes.

Can be frozen



Pangritata

(great as a soup or salad topping)

Ingredients:

- 2 ends of a sliced brown bread loaf (stale or frozen works best)
- 2 tbsp olive oil
- 1 clove of garlic
- 2 sprigs of rosemary
- Zest of a lemon
- Pinch or two of salt

Method:

1. Blitz the bread into coarse breadcrumbs in a food processor.
2. In a frying pan heat the oil on a low to medium heat and grate or press the garlic into the pan. Gently fry.
3. Add the breadcrumbs and coat in the oil until golden. Stir regularly to prevent burning.
4. Strip the rosemary leaves from the stalks roughly chop then add to the pan and mix.
5. Add the lemon zest (ideally use an unwaxed lemon) and season to taste with the salt.

Keep unused pangritata in an air-tight tub



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

Fruit & Veg

Storage

Most fruit and vegetables will keep fresher for longer if stored in the fridge, in the bag or pack they came in.

Keep onions and potatoes in a cool dark place.

Store bananas out of the fridge and away from other fruit.

Top Tips

Over ripe fruit is great in a smoothie or crumble.

Use up fruit on cereal and in curries.

Tired vegetables are great in a stir-fry, sauce, casserole and of course soup!

Leftover vegetables are lovely added to pasta or rice dishes.

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