



Presents  
Frances'  
Kitchen

## 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  $\times$  total weight of the raw veg = total carbs

e.g. Raw carrots = 8g carbs per 100g  $\div$  100  $\times$  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