

"Today's writers, tomorrow's leaders"



Recipe for Summer Vegetable Soup (For 4 people)

Ingredients:

- 1litre ofwater
- 1 tablespoon ofsalt
- 3-4 (300 g)carrots
- 1 (400 g) cauliflower
- 4-6 (300 g) potatoes
- 1 onion
- 3 dl of freshpeas
- somedill, parsleyorchives
- 4 dlmilk
- 2 table spoons of wheat flour
- 1 tablespoon ofbutter

Preparation:

- 1. Peel and slice carrots and potatoes, chop the cauliflower and mince the onion.
- 2. Put the vegetables in the kettle that has water with salt in it. Let them boil in a kettle for 15 minutes.
- 3. Add peas.
- 4. Mix wheat flour with milk and add them in the kettle. Let it boil until the vegetables are ready (soft). Add herbs and butter.
- 5. Serve with cheese- or ham sandwiches.