

Onion & Potato Soup

Season: Autumn/Winter

Type: Starter or Main

Difficulty: Easy

Serves: 30-40 small serves

Recipe source: derived from taste.com.au

From the garden: leftover vegetables and herbs for stock, parsley

| Equipment: | Ingredients: |
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| <ul style="list-style-type: none"> • Food Processor • Stick Blender • Knife • Chopping Board • Peeler • Large Saucepan or Stockpot • Medium Saucepan • Small Saucepan | <ul style="list-style-type: none"> • 50g butter • 2 tablespoons (tbs) olive oil • 10 large brown onions • 2 Kg Potatoes • 1.5 litres vegetable stock (either fresh or made with Massel vegetable stock powder) • 2 cups milk • 1 cup sour cream • Handful of Parsley |

What to do:

- Halve and peel the onions, then slice using the food processor. Heat the butter and oil in a large saucepan over medium-low heat. Add the onion. Cook, covered, stirring occasionally, for 20 minutes or until the onion is soft but not coloured.
- While the onions are cooking, put a medium saucepan of water on to boil. Clean and peel the potatoes and chop into pieces then place in the boiling water to part cook for 10 minutes.
- Warm up the stock in a small saucepan (or use the potato water if using stock powder), then drain the rest of the water from the potatoes and add them to the onions and pour in the stock. Bring to the boil. When the potatoes are soft then turn off the heat and leave the lid off to cool for a minute.
- Use the stick blender to blend the onions and potatoes until smooth.
- Stir in the milk. Place the soup over medium heat and stir until heated through.
- Divide the sour cream between small bowls on each table with a teaspoon, then pour the soup into bowls and serve. Serve with a spoon on sour cream if desired. Garnish with a parsley leaf.

Notes

You can also use low fat milk and sour cream. If making at home you can cook the onions, then add the stock and potatoes. We cooked the potatoes separately to save a little time.

A great idea to use up spare vegetables or a leftover roast chicken is to make stock. Place a variety of vegetables that you have leftover (such as an onion, 2 or 3 carrots, a bit of cabbage) with a handful of excess herbs and ideally a little garlic in a saucepan and cover with boiling water. Simmer for around an hour then allow to cool. Then simply strain through a sieve into a container to keep in the fridge or freeze. If using a chicken carcass you can scrape off excess fat once the stock is cold. This is a cheap and easy way to use up leftovers and make your soup taste great.