

Leek vegetable oat broth

Serves 4-5



Ingredients

- 25g/1oz mature cheese, grated
- 25g/1oz porridge oats
- 1.5 litres/2½ pints of water
- 275ml/10fl oz skimmed milk
- 1 teaspoon whole grain mustard
- 2 teaspoons dried mixed herb
- 2 medium leeks, thinly sliced
- 5 handfuls frozen/fresh mixed vegetables
- 1 stock cube

Method

1. Place all the vegetables, into a pan, with the stock cube and stir until stock cube has dissolved. Cook for 5 minutes. Add a little water if it starts to stick.
2. Add the water and mixed herbs and cook the vegetables on a medium heat for 15 minutes or until the vegetables are tender.
3. Add the oats into the soup, stir in the milk and cook gently, uncovered for 5 minutes, stirring occasionally, until thick.
4. Switch off the heat, stir in the cheese and whole grain mustard.
5. Add pepper to taste.