



# VEGETABLE SOUP

*A classic vegetable soup is the ultimate comfort meal on a chilly day. It's easy to make, hearty and healthy.*

## INGREDIENTS

- 1 cup veggie stock
- 6 baby carrots
- small handful green beans
- 3 sticks celery
- 1 brown onion
- 1 can diced tomatoes

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 5 MIN**

**BLEND TIME: 30 MIN**

## DIRECTIONS

- 1. Place vege stock, onion, baby carrots, celery, tomatos and green beans into the Mealio® Blender.**
- 2. Push the 'SOUP' button to start the blending and cooking.**
- 3. Allow to cook for 30 minutes**
- 4. Add salt and pepper to taste**