

# Nourishing Vegetable Soup

Let's talk  
Dementia

**There's something deeply restorative about a bowl of hearty vegetable soup – it's like a warm hug from the inside out. This humble yet mighty dish is packed with vitamins, minerals, and other vital nutrients, all sourced from nature's most nourishing ingredients.**

**Prep Time:** 15 - 20 minutes

**Cooking Time:** 30 minutes

Serves 4

## Ingredients

Splash of olive oil  
1 small leek, finely chopped  
1 clove of garlic, finely chopped  
1 carrot, finely chopped  
1 stick of celery, finely chopped  
1 small potato, peeled and chopped  
1 litre vegetable or chicken stock  
Large handful of washed spinach  
300g frozen peas  
Small handful of fresh mint leaves  
300ml double cream

## Method

1. Set a medium-sized pan over a good heat and add your oil, leek, carrot, celery and garlic and gently fry until soft.
2. Dissolve the stock cubes in 1 litre of boiling water.
3. Add the potato and stock and simmer for 10 minutes.
4. Finally, add the spinach and peas and simmer until the peas are cooked but still bright green (approximately 5 minutes).
5. When the soup is ready, add the fresh mint leaves, blitz with a hand blender until smooth and then serve.
6. Add some cream for added fat and protein.

## Tip

For non-vegetarians, it's also delicious to add finely shredded ham at the end.