FOOD & COOKING
WITH CHEF ROSS

Vegetable Soup



Preparation: 15–20 minutes | Cooking: 30–35 minutes | Serves: 3–4 people

What you need

Ingredients



- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 potatoes, cut into small cubes
- 2 carrots, grated
- 1 zucchini, cut into small pieces
- 750 ml water, plus extra if needed
- Salt & pepper to taste

Optional flavours

- ¼ teaspoon turmeric
- ½ teaspoon paprika
- ¼ teaspoon ground cumin

Choose one, two or all three spices.

Equipment



- Large saucepan with lid
- Knife and chopping board
- Grater
- Wooden spoon
- Measuring jug
- Stick blender

Vegetable Soup

Let’s make it



1. Cook onion and garlic

Heat olive oil in a large saucepan over medium heat.
Add onion and cook 3 minutes.
Add garlic for 1 minute.
Add chosen spices if using.
Stir for 30 seconds.



2. Add the vegetables

Add potatoes, grated carrots and zucchini.
Cook for 5 minutes, stirring.
Pour in 750 ml water.
Add more water if needed to cover vegetables.



3. Cook the soup

Bring to the boil.
Turn down the heat, put the lid on and cook gently for 20–25 minutes until potatoes are soft.



4. Blend a little

Turn off heat.
Let the soup cool as directed in the blender manual.
Blend briefly with a stick blender, leaving small vegetable pieces.
Add water if too thick.
Add salt & pepper to taste.

Serving and storage

- Serve with wholegrain bread.
- Optional: yoghurt, grated cheese or fresh herbs.
- Keep soup slightly chunky, not fully smooth.
- Refrigerate within 2 hours in shallow containers.
- Store covered at 5°C or colder.
- Use within 3 days.
- Freeze up to 3 months for best quality.
- Reheat until steaming hot throughout.
- Base recipe is vegan and vegetarian.
- Gluten-free only with suitable ingredients and preparation.
- Toppings can add allergens.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.