

Vegetable Soup (Serves 6)

Ingredients

4 sticks celery, diced

120g mushrooms, washed & sliced

1 medium carrot, diced

1 medium potato, diced

1 small turnip, diced

1 medium onion, finely chopped

4 tablespoons MCT Oil

30g plain flour

600ml liquid skimmed milk

Salt & pepper to taste

Method

1. Fry all the vegetables in the oil for 5 minutes.
2. Stir in the flour and cook for 1 minute.
3. Gradually add the milk, stirring well and bringing to the boil after each addition.
4. Cover and simmer for 30 minutes.
5. Season to taste.

Note

The soup may be served with croutons, made by frying cubes of bread in MCT Oil until golden and crisp (check with your Dietitian what bread you are allowed)

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics