Hong Kong Institute of
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香港會計師公會

Easy home cooking to stay fit

Eating healthily can help keep your body fit. Prepare this vegetable soup as a time-saving healthy choice!
Did you know that eating a wide range of colours in food facilitates an all-round absorption of nutrients? Besides, colours can also help create happy emotions.

Colourful vegetable soup

Preparation time: 10 mins

Cooking time: 30-40 mins

Serving: 4 bowls

Ingredients:

- Large onion x 1
- Carrot x 2
- Potato x 2
- Celery stalk x 1
- Canned diced tomatoes x ½ can
- Canned corn x ½ can
- Water x 4 cups
- Salt & pepper

Instructions:

1) Cut the onion, carrot, potato and celery into small cubes. Put all chopped ingredients with the canned tomatoes and corn into a pot. Add water to cover the ingredients.
2) Boil with high heat for 10 minutes and then turn to low heat for another 20-30 minutes until all ingredients become tender.
3) Season the soup with salt and pepper and it is ready to serve with a baguette.