

Lettuce Soup

Serves 4

Ingredients: -

1 - lettuce or 6 - 8 outside leaves

1 - large onion

900ml/1½ pint - chicken stock

200ml/½ pint - cold water

2 - large dessert spoons skimmed milk powder

1 - large potato

Seasoning

Method: -

Wash and shred lettuce.

Roughly chop the onion and potato.

Place in a pan with the stock and simmer, uncovered, for 20/30 minutes.

Liquidise or sieve, add cold water, milk powder, seasoning and return to the boil, stirring.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

This is delicious served hot or cold. You could also make this soup using sorrel

in place of the lettuce.
