

## **Basic recipe for the Soup Maker...59 euro in Currys PC**

### **Preparation time 5 minutes**

1. 1 small onion...roughly chopped
2. 2 small carrots...roughly chopped ( do not peel)
3. 6 baby potatoes..roughly chopped ( do not peel)
4. 1 pint of water
5. 2 x knor stock pots ( veg/chicken or beef)

Put all in the soup maker. Turn 'mode' to 'smooth'.

Ready to eat in 19 minutes.

Add cooked chicken or 1 scoop of skimmed milk powder if you want more protein. Put it in a flask and bring to work/college.

Benefits.....quick, easy healthy, hot meal in 19 minutes.

## **Basic Recipe for slow Cooker.....25 euro in ALDI/LIDL/Woddies/Currys.**

### **Preparation time 10 minutes**

1. 1 onion chopped
2. 3 carrots chopped ( Do not peel)
3. 6 baby potatoes chopped ( Do not peel)
4. 2 x stock pots Knorr ( beef/chicken/vegetable)
5. 1 pint of water
6. 2 x sirloin steak or 4 x pork chops/lamb chops/4 chicken breasts.

Turn the slow cooker onto '2' x 10 minutes ( while you are doing prep)

Put everything into the slow cooker.

Leave setting on '2' if you want to eat in 3-4 hours or put to '1' if you want to eat after 6-7 hours.

Benefits –low heat x long time= very tender tasty meat, easy to do, hot food available all day, doesn't matter if you are late, it wont burn ( once you have enough water in ( 1 pint).

