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| IRISH BROTH | | A picture containing text  Description automatically generated |
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| **Ingredients:**   * 4 oz of dried broth mix * 1lb potatoes * 1lb mixed root vegetables (eg. carrot,parsnip,swede) Veggies should be cut into cubes or small pieces * 1 large onion - chopped. * 2 pints of stock - made with stock cube * Oil to fry * Herbs to taste | | |
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| **Method:**   1. Fry the onions until softened 2. Add cubed vegetables, gently mix together 3. Add the broth mix 4. Add stock 5. Add herbs to taste 6. Bring to the boil and then reduce to gentle simmer 7. Cook until vegetables and the broth mix have softened. This usually takes about half an hour | | |
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| A close up of a bird  Description automatically generated | Abundant Borders (SC049008)  web - abundantborders.org.uk & facebook.com/abundantborders  contact: robin@abundantborders.org.uk | |