

Any Body Can Cook!

February 2018 Newsletter

February has been a very busy month; we've been running lots of class sessions in schools in Frome, Yeovil and Taunton, where we've worked with over 200 parents and children!

Half term saw us working with Splash, Spurgeons Young Carer's, HMP Portland, Springfield Campus Corsham, along with our regular sessions and supporting the Friary coffee morning. All our tutors have been out and about, working with over 500 people in total this month.

We are currently busy booking our MSE Life Changing Transition Heat and Eat sessions in 11 areas of Wiltshire. Look out for sessions coming up near you.

Check out our social media pages for updates on locations and timings:

- Facebook: @anybodycancookuk
- Twitter: @anybodycancook
- Instagram: @anybodycancook

In honour of St David's Day and the fact it is still freezing, here's our recipe for Leek and Potato soup!

Leek and Potato Soup (Serves 4):

- 1 tsp vegetable oil (if needed)
- 1 onion, finely chopped
- 2 leeks, washed and sliced
- 2-3 large -medium potatoes, peeled and diced
- 550 ml vegetable stock
- 150ml milk
- chopped chives (optional to serve)

Heat the oil (if needed) in a saucepan. Add the onions, leeks and cook gently until they are softened but not browned.

Stir in the potato and cook for 2 minutes.

Add the stock and bring to boil. Reduce the heat and simmer gently for 10-15 minutes.

Add the milk and warm through.

If you want a smooth soup, blend the soup.

Serve sprinkled with chives and drizzled with some natural yogurt or quark.

Serve with some fresh bread.

