



IT WAS THE NIGHT BEFORE GARBAGE DAY AND TIME FOR THAT WEEKLY SHOVELLING OF LEFTOVERS, SCRAPS AND SLIGHTLY WILTED VEGGIES FROM THE FRIDGE INTO THE GREEN BIN. YOU FEEL GUILTY, AS YOU CAN ALMOST HEAR YOUR GRANNY SAY "WASTE NOT, WANT NOT". YOU TRY NOT TO THINK OF HOW MUCH MONEY AND RESOURCES YOU JUST TOSSED AWAY. WELL, FRIENDS THE TIME OF REFRIGERATOR REMORSE IS COMING TO END. THOSE BITS AND BOBS FROM THE REFRIGERATOR ARE EXACTLY WHAT IS NEEDED TO MAKE...

## EMPTY THE FRIDGE SOUP!



1. Pull all those leftovers and not quite perfect veggies out of the fridge. Dispose of the truly inedible and line everything else up next to the chopping board and start chopping.
2. In a large pot heat some oil or butter.
3. Add any onions, carrots, celery, peppers, leeks and/or garlic that you have. Sauté until softened.
4. Add any uncooked meat that needs pre-cooking. Stir occasionally until browned.
5. Enter any remaining hard vegetables (broccoli, cauliflower, cabbage, green beans, asparagus, etc.) and a good bit of salt and pepper.
6. Add some seasonings (fennel seeds, oregano, basil, chilli powder, curry powder, paprika, coriander, thyme). Don't stress about what to add just get creative based on what is in the pot, what flavours you prefer and what smells good to you in the moment. If you are unsure, just add a little to start and then add some more later after the flavours have had a chance to mingle.
7. Next add any soft greens (spinach, herbs, swiss chard).
8. Now's the time for any other leftovers. (tomato sauce, cooked vegetables, meat, potatoes, rice, noodles, beans, gravy).
9. Add broth until the ingredients are covered and give everything a good stir.
10. Heat to a simmer over medium high heat stirring occasionally then reduce heat and simmer partially covered for about 30 minutes or until ingredients are softened and flavours have combined.
11. Taste and add any additional seasonings you wish.
12. If you like, use a hand held blender or a regular blender to puree the soup to whatever consistency you prefer. Then serve. If you have extra, place in freezer bags or containers and freeze for future meals.