

Porridge with vegetables and potatoes

Ingredients required for 1 persons

Preparation time 10 minutes

Difficulty easy

Ingredients

100 g vegetables

50 g potatoes

complementary food oil



Preparation

Peel the potatoes and cut into small pieces. Suitable vegetables include carrots, parsnips, pumpkin, broccoli, zucchinis, fennel, peas or kohlrabi. Peel and chop the vegetables if necessary. Place both in a cooking pot, cover with water and simmer for about 15 minutes. Puree everything into a fine mash. Add the complementary food oil before eating. We recommend adding one teaspoon (about 5 grams) per 100 grams of porridge.

By the way

If you are preparing a large amount of porridge, it can be frozen in portions. Ice cube molds, for example, are suitable for this. It is important to only add the oil to the porridge after it has been heated.