

## The mission ....

**NO ONE NEED GO WITHOUT THE BASIC ESSENTIALS TO KEEP THEMSELVES AND THEIR FAMILIES SHELTERED, FED, CLEAN, CLOTHED, WARM, AND HEALTHY.**



Telford Crisis Support are a volunteer led, award winning, independent multi bank, supporting our community in Telford & Wrekin and the surrounding Shropshire border region.

Foodbank  
Baby & toddler bank  
Link Worker Services  
School Uniform bank  
Hygiene bank  
Pet Food bank  
Clothing, homeware support, and much more.



# Sainsbury's

## SOUP MAKER TIPS AND TRICKS....

**YOU CAN USE FRESH FROZEN OR TINNED VEGETABLES**

Veggie Soup

Chop your veggies up quite roughly and pop them into the base of the soup maker, then top up to somewhere between the minimum and maximum fill lines and finally crumble in a stock cube or two. It really is as simple as that.

*Cleaning  
Rinse the blade/lid, mind the blade is sharp  
Don't immerse the whole lid or jug in water*

**USE THE 'CHUNKY' SETTING FOR STEWS OR CURRY**

**TELFORD CRISIS SUPPORT**

### **Chunky Vegetable Soup Recipe**

#### **Ingredients**

- 400g butter beans**
- 800ml vegetable stock**
- 2 celery sticks roughly chopped.**
- 1 medium potato peeled and chopped.**
- 2 garlic cloves, crushed.**
- 1 large carrot peeled and chopped.**
- 1 onion peeled and roughly chopped.**
- ¼ head savoy cabbage, chopped**



#### **Method**

- Step 1: Add the olive oil to the jug to prevent the ingredients from sticking, then add all the ingredients to the jug.**
- Step 2: Stir all the ingredients together to ensure they are combined, then select the 'chunky' soup function.**
- Step 3: Allow the cycle to run through.**
- Step 4: Once the soup cycle is finished, you can serve immediately or select the 'blend' function if you prefer a smoother consistency.**

### **Leek and Potato Soup Recipe**

#### **Ingredients**

- 280g potatoes, peeled and chopped.**
- 40g butter**
- 600ml vegetable stock**
- 2 leeks, finely chopped.**
- 1 onion, finely chopped.**
- 1 tbsp olive oil**
- Single cream, to serve.**
- Salt and pepper, to taste**



#### **Method**

- Step 1: Add the olive oil to the jug to prevent the ingredients from sticking, then add all the ingredients to the jug.**
- Step 2: Stir all the ingredients together to ensure they are combined, then select the 'Smooth' function. Allow the cycle to run.**
- Step 3: If, once the cycle is finished, you want to adjust the consistency of the soup - press the blend button and allow it to run.**
- Step 4: Once the soup is finished, blend again until the desired consistency is reached, then serve with a dash of cream.**



**Telford Crisis Support exist to help our local community, we know that anyone can find themselves in a financial crisis, and we're here to help.**

**If you, or someone you know are struggling to choose between eating, heating or keeping yourself and your loved ones clean and healthy in this cost-of-living crisis, then please reach out**

**Telephone 01952 586 646**

**Food request 01952 380 400**

**Email [admin@telfordcrisissupport.org.uk](mailto:admin@telfordcrisissupport.org.uk)**

**Socials [@telfordsupport](https://www.facebook.com/telfordsupport)**



**Telford Crisis Support** is working with **Telford Energy Advice** to bring you expert support with all your energy queries:

-  Energy debt and supplier problems
-  Crisis support in difficult times
-  Advice on how to reduce your bills
-  Support accessing free home energy efficiency measures, like heating and insulation
-  Home visits including installation of free energy-saving measures

And **much more!**

If you're worried about energy costs, our friendly local Advisors are here to help.

Call **01952 586646** or email [admin@telfordcrisissupport.org.uk](mailto:admin@telfordcrisissupport.org.uk) today.

marches  
energy agency 

Telford Crisis Support (Charity No. 1158650) and Marches Energy Agency (Charity No. 1070942) are working to support local people through Telford Energy Advice, a project funded by Energy Saving Trust.

**Telford**  
ENERGY  
ADVICE 

## Indian Spiced Tomato Soup Recipe

### Ingredients

- 400g chopped tomatoes.
- 1 large onion peeled and finely chopped.
- 500ml vegetable stock
- 2 tbsp red lentils



### Method

- Step 1: Add the olive oil to the jug to prevent the ingredients from sticking, then add all the ingredients into the soup maker.
- Step 2: Stir all the ingredients together to ensure they are combined, then select the 'Smooth' soup function.
- Step 3: All the cycle to complete.
- Step 4: Once the soup is finished, blend until the desired consistency is reached, then serve.

## Leek and Potato Soup Recipe

### Ingredients

- 280g potatoes, peeled and chopped.
- 40g butter
- 600ml vegetable stock 2 leeks, finely chopped.
- 1 onion finely chopped.
- 1 tbsp olive oil
- Single cream, to serve
- Salt and pepper, to taste



### Method

- Step 1: Add the olive oil to the jug to prevent the ingredients from sticking, then add all the ingredients to the jug.
- Step 2: Stir all the ingredients together to ensure they are combined, then select the 'Smooth' function. Allow the cycle to run.
- Step 3: If, once the cycle is finished, you want to adjust the consistency of the soup - press the blend button and allow it to run.
- Step 4: Once the soup is finished, blend again until the desired consistency is reached, then serve with a dash of cream.