



- Carrots
- Potatoes
- Mushroom
- Courgette
- Tomatoes
- Oil of Olive
- Salt
- Onions

## Method

- 1. Get all ingredients and chop up.
- 2. When done put in large cooking bowl and poor water in.
- 3. When cooking, slowly put in a teaspoon of salt.
- 4. After 30 mins take a fork and without burning yourself stick it in the carrot, if it goes through it is ready but if the carrot is still hard let it cook.
- 5. When serving add some parmesan cheese if you like







