

SOUP RECIPES

These soups are our best sellers at school. Why not try them out at home for yourself? They can keep in the fridge for up to 3 days. If soup consistency is too thick add more water until the consistency is to your preference. Enjoy ...

TOMATO AND LENTIL SOUP (serves 6)



Weight	Ingredients	Method
125 g 175 g 100g 225g 10g 1025ml 50g 10ml	red lentils (dried) carrots onions swede vegetable bouillon water tomato puree vegetable oil	<ol style="list-style-type: none"> 1. Wash the lentils in cold water. 2. Peel and chop carrots, swede and onion. 3. Add vegetable oil and onions to the pan, cook over a low heat until onions are soft but not brown. 4. Add carrots, swede and lentils and cook gently for two minutes. 5. Add the rest of the ingredients, cover pan with lid, bring to the boil and cover for one and a half hours until lentils are soft. 6. Blend/liquidise the soup. 7. Season to taste then serve.

LEEK AND POTATO SOUP (serves 6)



Weight	Ingredients	Method
900ml 200g 250g 60g 10g 10ml	Water Leeks Potatoes Celery Fresh Parsley Vegetable bouillon	<ol style="list-style-type: none"> 1. Wash, peel and chop the vegetables. 2. Place the vegetable oil, leeks, potato and celery in a thick-bottomed pan over a low heat and cook gently for 5 minutes. 3. Add the water, parsley and bouillon cover pan with lid, bring to the boil and simmer gently for 45 minutes. 4. Blend/liquidise the soup. 5. Season to taste then serve.