



## Soup

Ingredient	10 Portions	50 Portions	100 Portions
White onion – sliced	400g	2kg	4kg
Garlic – Diced	1 clove	5 cloves	10 cloves
Mixed herbs	1 tsp	2 tbsp	4 tbsp
Olive oil	For frying	For frying	For frying
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste
<b>Vegetables</b>			
e.g., Carrot and coriander			
Leek and potato			
Butternut Squash			
Mushroom			

### Key Points

Make sure the oil is hot before frying vegetables.

Adding different spices and herbs can really bring soups alive.

Adding roasted vegetables can add lots of flavour to soups as when it is in the oven it is dehydrating resulting in a more intense flavour.

Soup is a really great way to serve healthy vegetables to children, consider serving it in a plastic cup for easier consumption.

Left over soup can be repurposed in sauces for use the following day.  
Be sure to only reheat the soup once and then discard.

### Method

1. In a heavy bottomed pan, heat the olive oil for frying.
2. Add the onion, garlic and mixed herbs and cook on a high heat for 5 minutes stirring regularly.
3. Add the chosen vegetables and season with salt and pepper.
4. Turn down the heat and cook for 20 minutes (sweating the vegetables allows the flavours to cook and develop)
5. Add enough water to just cover the vegetables and bring the pan to the boil.
6. Just as it boils turn it down to SIMMER for 15 minutes or until the vegetables are tender.
7. Puree the soup with a hand blender until smooth and adjust the seasoning.

**Allergens** None