

Winter Warmer Soup

You will need -

Chopping Board
Knife
Potato Peeler (optional)
Spoon
Bowl
Heatproof Jug or Bowl
Large Saucepan with Lid
Blender (Optional)

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

1 Onion	2 Carrots	2 Celery Sticks
2 Parsnips,	300g Tomato Puree	Water
Reduced Salt Vegetable Stock		Oil
Fresh Parsley		

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands

Please be mindful of the risks present when children are near heat or an open flames whilst cooking and supervise children at all times.



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Method -

1. On your chopping board, use the bridge hold and claw grip to finely chop your onion and celery
2. Use your claw grip to cut off the top of your carrot and parsnip and peel with your knife or potato peeler
3. Tear or chop your parsley into small pieces and set to one side
4. Boil 4 cups of water and add to your stock in a bowl, mixing well
5. Lightly oil your pan over a medium heat
6. Add the onion, stir occasionally for 5 minutes or until soft
7. Add the carrot, parsnip, celery, can of tomato puree, your vegetable stock and 2 extra cups of water
8. Bring to the boil and simmer for 25 - 35 minutes, or until the vegetables are soft
9. Remove from the heat and turn off the hob
10. Add a sprinkle of parsley and serve hot

Notes -

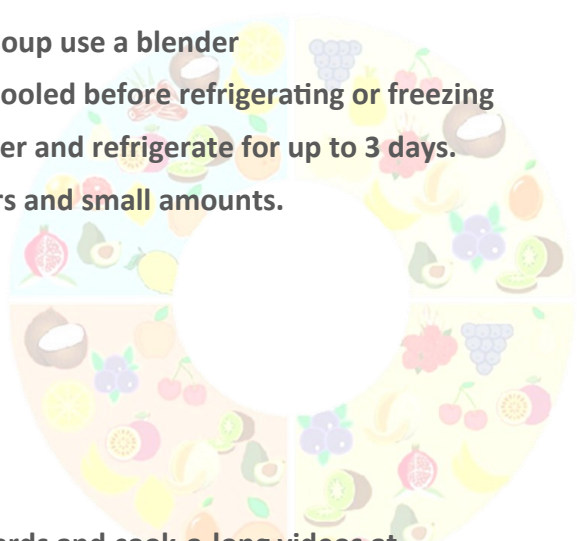
If you prefer a smoother soup use a blender

Ensure your soup is fully cooled before refrigerating or freezing

Keep in a covered container and refrigerate for up to 3 days.

Freeze in sealed containers and small amounts.

Eat within 3 months



Find more recipe cards and cook-a-long videos at -
www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme