



Vegetable soup (family)



Serves: 6-8

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Olive oil (Carbonell extra virgin)	2	Tbsp		
Onion	2			
Carrot	2			
Celery	2	sticks		
Garlic	2	tsp (crushed)		
Capsicum red	1-2			
Pumpkin (Japanese or butternut)	½	medium		
Potatoes	2			
Zucchini	2	medium		
Water	1	L (approx)		

Procedure

Step 1: Finely dice onion, carrot and celery. Crush garlic.

Step 2: Roughly dice remaining vegetables.

Step 3: Add olive oil, onion, carrot and celery and 1 tsp of salt, for 15 mins on low/med heat.

Step 4: When onions only have slight colour, add remaining vegetables.

Step 5: Add water to cover vegetables.

Step 6: Bring to boil and simmer for further 30 minutes (approx.), or until vegetables are cooked.

Step 7: Blend 1 cup of soup mixture and return to pot to thicken slightly.

Step 8: Taste soup once blended and season to taste.

Step 9: Serve with bread and margarine.

Common allergens present:

<input type="checkbox"/> Milk (dairy)	<input type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustacean	<input type="checkbox"/> Mollusc
<input type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input type="checkbox"/> Wheat
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input type="checkbox"/> Gluten	
Tree nuts:				
<input type="checkbox"/> Almond	<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Cashew	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Macadamia
<input type="checkbox"/> Pecan	<input type="checkbox"/> Pine nut	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Walnut	