

Fresh for kids! Easy Vegie Soup



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Terrific for a relaxed dinner or after-sport meal.

Makes: 5-6 cups
Preparation: 20 minutes
Cooking: 1 hour

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| 1 tbs olive oil | 1/2 red capsicum, deseeded and roughly chopped |
| 1 garlic clove, crushed | 400g can chopped peeled tomatoes |
| 1 small onion, roughly chopped | 3 cups chicken stock |
| 2 medium carrots, roughly chopped | 1 tsp sugar |
| 2 celery sticks, chopped | grated tasty cheese, to serve |
| 2 medium potatoes, peeled and roughly chopped | |
1. Heat oil in a medium saucepan over medium-high heat. Add garlic and onion and cook, stirring often, for 3 minutes or until soft.
 2. Add carrots, celery, potatoes and capsicum to pan and cook, stirring often, for 5 minutes. Stir in tomatoes, stock and sugar. Cover and bring to the boil, stirring occasionally. Reduce heat to medium-low and simmer, stirring occasionally, for 45 minutes or until vegetables are tender.
 3. Using a blender or food processor, puree soup until smooth and return to pan. Warm soup over low heat. Serve soup topped with grated cheese.

To store: store soup in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.

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