

Season: Winter
From the garden: Onion, celery, pumpkin, carrots, silverbeet, thyme
Type: Main
Difficulty: Medium
Serves: 6 serves or 30 small tastes
Source: Adapted from www.countdown.co.nz/recipes by Sarah Carnahan, Ara Institute of Canterbury student

Equipment

- Large saucepan or stockpot
- Clean tea towel
- Mixing bowl
- Sieve
- Measuring cups
- Mixing spoon
- Measuring jug
- Chef's knife
- Chopping board
- Garlic crusher
- Can opener
- Ladle
- Bowls to serve

Ingredients

- ¼ cup of olive oil
 - 2 onions
 - 4 stalks of celery
 - ½ medium pumpkin
 - 2 Litres of water
 - 6 cloves of garlic
 - 2 cans of crushed tomatoes
 - 4 teaspoons of fresh thyme
 - 4 carrots
 - 2 cans of cannellini beans (or beans of your choice)
 - 8 silverbeet leaves
 - Salt and pepper to taste
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How to make it

1. Wash all the vegetables and herbs from the garden and allow to dry on a clean tea towel.
2. Peel and finely chop the onion and add to the large saucepan.
3. Trim celery and slice thinly, then place in the large pot with the oil.
4. Place the pot on an element and set heat to low-medium setting. Cook celery and onion over a low heat for 5 minutes stirring often so it does not burn. **Caution – hot! Ask an adult to help you with this.**
5. To prepare the pumpkin, remove the skin and the seeds then chop into small pieces, the smaller they are the faster the soup will cook. **Caution – pumpkin is a very hard vegetable to cut! Ask an adult to help you with this.** Once the pumpkin is chopped, place in the pot and add the water, turn the element up to high and boil for 10 minutes.
6. Peel and crush the garlic and place in a mixing bowl.
7. Chop the carrots to a small dice and add to the garlic.
8. Remove thyme leaves from stalks and add to the mixing bowl.

HEARTY WINTER VEGETABLE SOUP

9. Open the tinned tomatoes and set aside. Open the cannellini beans and drain over a sink using a sieve. **Caution – sharp! Opening cans can be difficult. Ask an adult to help you do this.**
10. Add the garlic, tomatoes, thyme, carrots and cannellini beans to the pot and cook for 20 minutes. **Caution – hot! Ask an adult to help you with this.**
11. Remove any large tough stalks from the silverbeet and roughly chop the leaves then add to the soup and cook for a further five minutes till leaves are wilted. **Caution – hot! Ask an adult to help you with this.**
12. Carefully remove from the heat and add salt and pepper to taste. **Caution – hot! Ask an adult to help you with this.**
13. Ladle into small bowls or cups and serve with toast, G&T scones or flatbread. Enjoy!

Notes:

- 🍷 The pumpkin can be cooked in advance to make the soup cooking quicker.
- 🍷 The cannellini beans can be swapped for other types of beans or lentils. Buying what is on special will keep the costs down.
- 🍷 Bay leaves, basil and sage can all be added to this soup to add flavour without adding salt.
- 🍷 A thermos of soup taken to school on a cold day is a great warming meal.

Skills:

- 🍷 Chopping, peeling, dicing, sautéing, **wilting***, crushing

* Wilt: to cook briefly to soften, usually with leafy greens such as spinach or silverbeet