



## Vegetable soup

Serves 50

Ingredients	Quantity	Common allergens present	Alternative ingredients/modifications
Olive oil	100mL		
Onion	1kg		
Carrot	1kg		
Celery	½ bunch		
Garlic	100g		
Capsicum red	1kg		
Pumpkin (Japanese or butternut)	1kg		
Potatoes	1kg		
Zucchini	1kg		
Water	10 L (approx.)		
Bread	2 slices/serve	Wheat	Wheat/gluten free bread
Margarine	2 PC portions/serve	Cow's milk	Dairy free margarine (e.g. Nuttelex)

### Method

1. Dice at 5mm, onion, carrot and celery.
2. Crush garlic.
3. Dice remaining vegetables @ 15mm.
4. With 1 tsp of salt, sweat onion, carrot and celery slowly in 100mL of olive oil for minimum 15 mins on low/med heat.
5. When very, very well sweated but with only slight colour, add remaining vegetables and herbs.
6. Add water and cover vegetables.
7. Bring to boil and simmer for further 2 hours (approx.).
8. Blend a SMALL PORTION of soup and return to pot to thicken slightly.
9. Taste soup once blended and season to taste.
10. Serve with bread and margarine.



Common allergens present:

Wheat

Gluten

Egg

Peanut

Tree nut

Cow's milk

Fish

Shellfish

Sesame

Soy

Lupin