

# Year 4 Soup Recipes

## Sam's Group – Potato, Carrot and Tomato- Smooth

### Ingredients

1 onion (finely chopped)	1 Carton of passata
1 celery stick (chopped)	Vegetable stock cube – or other
2 Carrots (chopped)	1000ml Warm Water (Vary depending of consistency)
1 Potato (peeled and chopped)	1 tbsp Oil

### Method

- Prepare all ingredients
- Heat the oil in a large pan, add the onions and celery – stirring every so often until softened but not coloured.
- Add all the carrots, potato and passata to a pan and allow to simmer.
- Dissolve the stock in warm water then add to the pan.
- Allow to simmer for 20 – 30 minutes.
- Using either a hand blender, or blender – blend the soup until smooth.
- Wash up with warm soapy water and disinfect all surfaces.
- Serve soup with crusty bread and enjoy.

# Year 4 Soup Recipes

## Skype's Group – Pea and Tomato – Smooth

### Ingredients

1 onion (finely chopped)	1 Cup of frozen peas
1 celery stick (chopped)	Vegetable stock cube – or other
1 Carrot (chopped)	1000ml Warm Water (Vary depending of consistency)
1 Carton of passata	1 tbsp Oil

### Method

- Prepare all ingredients
- Heat the oil in a large pan, add the onions and celery – stirring every so often until softened but not coloured.
- Add all the carrots, peas and passata to a pan and allow to simmer.
- Dissolve the stock in warm water then add to the pan.
- Allow to simmer for 20 – 30 minutes.
- Using either a hand blender, or blender – blend the soup until smooth.
- Wash up with warm soapy water and disinfect all surfaces.
- Serve soup with crusty bread and enjoy.

# Year 4 Soup Recipes

## Alex's Group – Tomato, Carrot, Broccoli and Noodle Soup

### Ingredients

1 onion (finely chopped)	Vegetable stock cube – or other
1 celery stick (chopped)	1000ml Warm Water (Vary depending of consistency)
2 Carrots (chopped)	
1 Carton of passata	1 tbsp Oil
1 head of broccoli, trimmed and cut into florets	(TBC ) – Noodles

### Method

- Prepare all ingredients
- Heat the oil in a large pan, add the onions and celery – stirring every so often until softened but not coloured.
- Add all the carrots, broccoli and passata to a pan and allow to simmer.
- Dissolve the stock in warm water then add to the pan.
- Allow to simmer for 20 – 30 minutes.
- Using either a hand blender, or blender – blend the soup until smooth.
- Wash up with warm soapy water and disinfect all surfaces,
- If adding noodles, before serving, cut to small size and allow 10 minutes to soften.
- Serve soup with crusty bread and enjoy.

# Year 4 Soup Recipes

**Ross's Group – Chicken Noodle, Broccoli, Sweet Corn and Pea soup**

**NB – Group wanted smooth but Mr D recommends Chunky because of all the different ingredients it will make it very thick with noodles. – Group to make final decision.**

## **Ingredients**

1 onion (finely chopped)	½ Cup of sweet corn.
1 celery stick (chopped)	1 Chicken Stock Cube
1 Carrot (chopped)	1000ml Warm Water (Vary depending of consistency)
1 head of broccoli, trimmed and cut into florets	1 tbsp Oil
½ Cup of frozen peas	Noodles

## **Method**

1. Prepare all ingredients
2. Heat the oil in a large pan, add the onions and celery – stirring every so often until softened but not coloured.
3. Add all the carrots, broccoli, peas and sweet corn to a pan and allow to simmer.
4. Dissolve the stock in warm water then add to the pan.
5. Allow to simmer for 20 – 30 minutes.
6. **If making a smooth soup** - Using either a hand blender, or blender – blend the soup until smooth.
7. Wash up with warm soapy water and disinfect all surfaces,
8. When adding noodles, before serving, cut to a small size and allow 10 minutes to soften.
9. Serve soup with crusty bread and enjoy.

# Year 4 Soup Recipes

## Brooke's Group – Broccoli and Carrot Soup -Smooth

### Ingredients

1 onion (finely chopped)	Vegetable stock cube – or other
2 celery sticks (chopped)	1000ml Warm Water (Vary depending of consistency)
2 Carrots (chopped)	
1 head of broccoli, trimmed and cut into florets	1 tbsp Oil

### Method

1. Prepare all ingredients
2. Heat the oil in a large pan, add the onions and celery – stirring every so often until softened but not coloured.
3. Add all the carrots and broccoli to a pan and allow to simmer.
4. Dissolve the stock in warm water then add to the pan.
5. Allow to simmer for 20 – 30 minutes.
6. Using either a hand blender, or blender – blend the soup until smooth.
7. Wash up with warm soapy water and disinfect all surfaces.
8. Serve soup with crusty bread and enjoy.