

Vegetable and Bean Soup

Season: Winter

Type: Main

Serves: 32 tastings

From the garden: Pumpkin, sweet potato & herbs

Class focus: Cutting & chopping vegetables & herbs



Equipment:	Ingredients:
Large saucepan x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Serving bowl x 5 Small ladle x 5	½ onion (finely chopped) 1 piece of pumpkin (skin-off, cut into small cubes) 3 silverbeet (leaves & stems all in, finely chopped) 6 sweet potatoes (skin-on, cut into small cubes) 4 sage leaves (finely chopped) A handful of parsley (finely chopped) 4 tablespoons tomato sauce 1 can cannellini beans (beans & liquid all in) 8 cups hot water from the kettle 2 tablespoons olive oil 1 teaspoons salt 10 grinds of pepper

What to do:

1. Wash all the vegetables and herbs.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients in a large saucepan and cook until all vegetables are soft.
4. Serve into 5 large serving bowls with a small ladle in each.