



# Seasonal Vegetable soup

Season: Autumn/Winter

From the garden: Herbs, Garlic, Broccoli, Pumpkin, Potato, onion, spinach, Silverbeet, Leek, Carrot;

Type: Soup Difficulty: Easy

Serves: 8 adults as a starter/ 15 tastes

Recipe source: Chef Marco Edwardes

Equipment	Ingredients
Large saucepan	250g Pumpkin, 1 carrot, 1-2 Potato
Chopping board x 4	1 small brown onion, 1-2 Garlic cloves, ½ leek
Kitchen knife x 4	1 courgette
Scales	3 litres vegetable stock (5 cups)
Measuring cups and spoons	
Wooden spoon	10 stalks of spinach and /or silverbeet
	2 teaspoons extra virgin olive oil
Ladle	Fresh herbs (such as thyme, rosemary, parsley)
Bowls for serving	for garnish

## How to make it:

1. Peel the onion and rinse to reduce the acid. Dry the onion and then cut in half before chopping finely.
2. Peel the garlic cloves and then crush or chop finely.
3. Wash and peel, Pumpkin and potato, cut into small pieces
4. Wash and cut all other vegetables into walnut sized pieces
5. Place the saucepan on the cooktop over medium heat, and then add the olive oil.
6. Add the onion to the saucepan and cook, stirring, until soft.
7. Add the garlic, potato, pumpkin and other vegetables to the saucepan and cook, stirring for 2-3seconds until aromatic.

8. Add the 3 litres of vege stock and bring to the boil, then reduce heat to low and cook, stirring occasionally for 15 minutes or until vegetables are very soft.
9. Meanwhile, wash and gently dry the herbs. Remove the leaves from the stalks and chop finely. Reserve for garnishing the soup before serving.
10. Purée the vegetables in a food processor or with a stick blender until smooth. Season with pepper to taste and serve warm.

\* This soup can be served with flat bread, bread rolls, toast etc.

\* Herbs and spices (such as garlic) release their “aromas” or pleasant smells by being heated for about 30 second to one minute. As this encourages the flavours into the food, it is usual for spices to be heated briefly like this before liquid is added in a dish.

\* Children can make their own decisions about which fresh herbs from the garden will also go well with these flavours.

\* You can use any leafy greens for the garden in this recipe. Try it with silver beet, kale or cavolo nero instead of spinach.

\* adding lemon juice ( if available) adds a lovely bright note to this dish and really improves the flavour. This could be done to taste at the table as could the seasoning with pepper.

