



VEGETABLE SOUP

Grab & Go: This recipe provides a portion of non-dairy source of protein and counts towards the standard to provide a portion of non-dairy source of protein for vegetarians at least three days each week.

Recipe adapted from: Tony Mulgrew – School Chef at Ravenscliffe High School

Ingredients

500g broth mix (a mix of pearl barley, yellow split peas, green split peas, marrowfat peas and red split lentils)
6g (1) reduced salt vegetable stock cube
2L water
150g onion, peeled and chopped
120g carrots, peeled and sliced
60g celery, chopped
80g leek, peeled and chopped
10ml (2tsp) olive oil
500g potatoes, peeled and diced
135g green cabbage, shredded
135g white cabbage, shredded
2g (1tsp) black pepper

Method

1. Wash broth mix in cold running water. Soak overnight. Rinse with cold running water and drain. Place in saucepan, add vegetable stock cube, and water and bring to boil and then simmer.
2. Sauté the onions, carrots, celery and leeks in olive oil.
3. Add the broth mix with stock and simmer until peas start to soften.
4. Add the diced potatoes, shredded cabbage and black pepper and cook until the pulses and vegetables are soft.
5. Bring to boiling point before serving.

Serving suggestion: with wholegrain bread rolls.



Number of portions this recipe makes:

16 primary servings (230g)
12 secondary servings (310g)



Prep: 10 minutes
Cook: 50 minutes



Allergy information:

Barley (gluten), celery, egg, milk, wheat (gluten)



Top Tips

Add tomato puree and spaghetti for a minestrone style.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats and stock preparations with a salt content less than 0.6g/100ml as consumed.