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.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/