

Friendship soup

Ingredients

- 2 tbsp vegetable oil
- 6 cups of finely chopped vegetables
 - onion
 - carrot
 - celery
 - starchy vegetables e.g. kūmara, potato or pumpkin
 - green vegetables e.g. beans, spinach, broccoli
- 6 cups reduced-salt vegetable stock

Instructions

1. Add oil, onion, carrot and celery into a large pot and cook on a medium heat until soft.
2. Add any starchy vegetables such as kūmara, potato or pumpkin.
3. Add stock and simmer gently for 15 minutes or until vegetables are soft.
4. Add any finely chopped greens such as beans, spinach, or broccoli and cook for a further 5-10 minutes or until tender.
Serve with wholemeal bread.

Serves 10

Note: Make sure that the vegetables are 8mm x 8mm in size to reduce food-related choking.

