

Big soup

| <u>Ingredients</u> | <u>Optional ingredients</u> | <u>Equipment</u> |
|--|--|--|
| $\frac{1}{2}$ tablespoon cooking oil $\frac{1}{2}$ small potato 1 carrot $\frac{1}{2}$ onion 25g pasta shapes 350g water 1 stock cube 1 tablespoon tomato puree Shake black pepper | 1 slice bacon 25g frozen peas 25g sweet corn 25g mushrooms Other vegetables as available 50g tinned tomatoes 1 teaspoon curry powder 1 teaspoon chilli powder 1 teaspoon mixed herbs 1 teaspoon garlic powder | Sauce pan Wooden spoon Chopping board Sharp knife Peeler Jug Scissors Small basin |

Method

| | | |
|----|---|--|
| 1 | Wash your hands, put an apron on and collect your equipment. | |
| 2 | Peel the onion, carrot and potato. Cut into small pieces, about 1cm in size. Peel and chop any other vegetables being used. Put them into a small basin. | |
| 3 | If using bacon - cut into small pieces using scissors. | |
| 4 | Put $\frac{1}{2}$ tablespoon oil into a sauce pan and add the vegetables (not the peas or sweet corn) and the bacon. Cook for about 4 minutes, stirring with a wooden spoon. Do not leave the pan unattended. | |
| 5 | Turn the pan off. Measure out the water and add to the pan. Crumble the stock cube into the pan and add the tomato puree. Add the black pepper and any seasoning being used. | |
| 6 | Turn the pan back on, bring the soup to the boil and cook for 10 minutes. Check it regularly and add more water if it becomes too dry. | |
| 7 | While the soup is cooking, do some washing up and clearing away. | |
| 8 | After 10 minutes, add the pasta shapes and the peas and sweet corn. Let the soup cook for a further 10 minutes, adding water if needed. | |
| 9 | Pour the soup carefully into your container - ask for help if needed. | |
| 10 | Wash up and tidy away. Store the soup in the fridge below 5°C. | |

