



Vegetable soup (camp)



Serves: 50

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Olive oil	100	mL		
Onion	1	kg		
Carrot	1	kg		
Celery	½	bunch		
Garlic	100	g		
Capsicum red	1	kg		
Pumpkin (Japanese or butternut)	1	kg		
Potatoes	1	kg		
Zucchini	1	kg		
Water	10	L (approx)		

Procedure

Step 1: Dice at 5mm, onion, carrot and celery. Crush garlic.

Step 2: Dice remaining vegetables @ 15mm.

Step 3: With 1 tsp of salt, sweat onion, carrot and celery slowly in 100mL of olive oil for minimum 15 mins on low/med heat.

Step 4: When very, very well sweated but with only slight colour, add remaining vegetables.

Step 5: Add water to cover vegetables.

Step 6: Bring to boil and simmer for further 2 hours (approx.).

Step 7: Blend a SMALL PORTION of soup and return to pot to thicken slightly.

Step 8: Taste soup once blended and season to taste.

Step 9: Serve with bread and margarine.

Common allergens present:

<input type="checkbox"/> Milk (dairy)	<input type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustacean	<input type="checkbox"/> Mollusc
<input type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input type="checkbox"/> Wheat
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input type="checkbox"/> Gluten	
Tree nuts:				
<input type="checkbox"/> Almond	<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Cashew	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Macadamia
<input type="checkbox"/> Pecan	<input type="checkbox"/> Pine nut	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Walnut	