

# CREAMY VEGETABLE SOUP - with cheese and herb damper

## WHAT YOU NEED:

- 1 litre stock
- 1 large onion
- 2 garlic cloves
- 1 carrot
- 2 potatoes
- 1 sweet potato
- 1 zucchini
- 1 celery stalk
- 1 cup broccoli
- 1 cup cauliflower
- 1 cup peas
- 1 cup corn
- 1 can Cannellini beans
- 1 tablespoon Tuscan seasoning
- Salt and pepper



## UTENSILS:

- |                       |              |
|-----------------------|--------------|
| Chopping board        | Safety knife |
| Mixing bowls          | Peeler       |
| Measuring cups/spoons | Grater       |
| Wooden spoon          | Baking tray  |
| Metal knife           | Pastry brush |

**ALLERGIES/INTOLERANCES:** An alternative gluten free damper will be provided.

## WHAT TO DO:

### CREAMY VEGETABLE SOUP

1. Peel and chop onion, garlic, potatoes, sweet potato and carrot. Heat a Tablespoon of oil in saucepan and gently sauté. Add the stock to sautéed vegetables, reserve 100ml of stock.
2. Dice zucchini, slice celery and cut broccoli and cauliflower into florets, add to saucepan. Add the peas and corn. Season with salt and pepper and Tuscan seasoning.
3. Bring to the boil and simmer until all vegetables are tender.
4. Place drained cannellini beans in a jug and add the reserved 100ml of stock. Blend together until creamy. Add the blended cannellini beans to the soup, stir to combine and warm through.
5. Your soup is now ready to eat!!! Serve with delicious Cheese and Herb Damper.

## WHAT TO DO:

### CHEESE AND HERB DAMPER

1. In a large bowl, sift 2 cups of S.R Flour. Rub in 60gm butter until mixture resembles fine breadcrumbs. Add 1 teaspoon Tuscan Seasoning and 1/2 cup grated cheese.
2. Gradually add 1/2 cup milk and 1/2 cup water. Mix with a metal knife until mixture forms a soft dough.
3. Turn out onto a lightly floured bench and knead gently.
4. Roll into a large ball. Place on tray and mark the top with the handle of a wooden spoon to divide into 8 wedges.
5. Brush with milk and bake at 180° for 30 minutes until golden.
6. Serve with Creamy Vegetable Soup. YUM!!!!