

Carrot and Parsnip Soup with Wholemeal Bread

Ingredients: serves x 10 3-5 yr olds

Prep time: 10 mins Cooking time: 40 mins

- 1 tbsp (15g) sunflower oil
- 1 (150g) large onion, peeled and roughly chopped
- 2 (12g) cloves garlic, peeled and crushed
- 2 (60g) celery stalks, washed, trimmed and chopped
- 1 (100g) leek, trimmed and sliced
- 2 (320g) parsnips, peeled and chopped
- 800g carrots, peeled and chopped
- 1 tsp ground cumin
- Pinch of pepper
- 800 ml vegetable stock, made from Kallo low salt stock cubes
- 10 slices wholemeal bread



Serving sizes:

- 1-3 yr old 60-70g soup, ½ slice bread
- 3-5 yr old 80-100g soup, ½ slice bread
- 5-7 yr old 120g soup, 1 slice bread
- Adult 240-260g soup, 2 slices bread

Method

In a large saucepan, heat the oil
 Add the onion, garlic, celery and leek and soften for 5-10 minutes
 Add the parsnip and carrot and stir well. Add the ground cumin and season with pepper and cook for a further 10 minutes.
 Add the stock, bring to the boil, then reduce the heat and simmer for 30 minutes.
 Blitz the soup in a blender until smooth and serve with wholemeal bread

Cook's tip:

PREPARE EXTRA PARSNIPS AND CARROTS TO MAKE A PUREE FOR WEANING BABIES
FOR WHEAT-FREE DIETS, SERVE WHEAT-FREE BREAD

Nutrition analysis per 3-5 yr old serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
133	4.5	3	26	0	0.9	1.4	69

Another great recipe

