

The Enormous Turnip Recipe Sheet for Vegetable Soup

Ingredients

Selection of vegetables e.g. carrots, onions, leeks, potatoes, parsnips, peppers, mushrooms, sweet potatoes, cabbage, turnips
1 tbsp oil
150ml water
1 vegetable stock cube
Salt
Pepper
Bread
Herbs (optional)
Tinned beans/tomatoes (optional)

Equipment

Chopping boards
Child-safe knives
Wooden spoon
Large pan
Spoons
Bowls



Method

1. Talk about the vegetables as the children wash them.
2. Peel the sweet potatoes and onions.
3. First, an adult should cut the vegetables into big chunks, making sure one side is flat. Talk about the process as you do it, pointing out how to cut the vegetables safely.
4. With adult supervision, children can cut the vegetables into small pieces, placing the flat side of the large chunks against their chopping boards.
5. Next, an adult heats the oil in the pan and fries the chopped onion briefly.
6. Add all the other vegetables, the stock cube and the water (and tomatoes if used).
7. Simmer until the vegetables are tender. Stir from time to time and add more water if needed.
8. Add the beans (if used) and reheat.
9. Spoon into the bowls.
10. Eat with bread.

Talk about the smells, colours and flavours before, during and after cooking.

*If you have any soup left over, put it in a liquidiser and make it into smooth soup.

Talk about what happens as they watch the mixture whizz round.