



Parent Guide

How can I use this with my children?

Follow this recipe together to create a tasty dish using food that might otherwise have gone to waste.

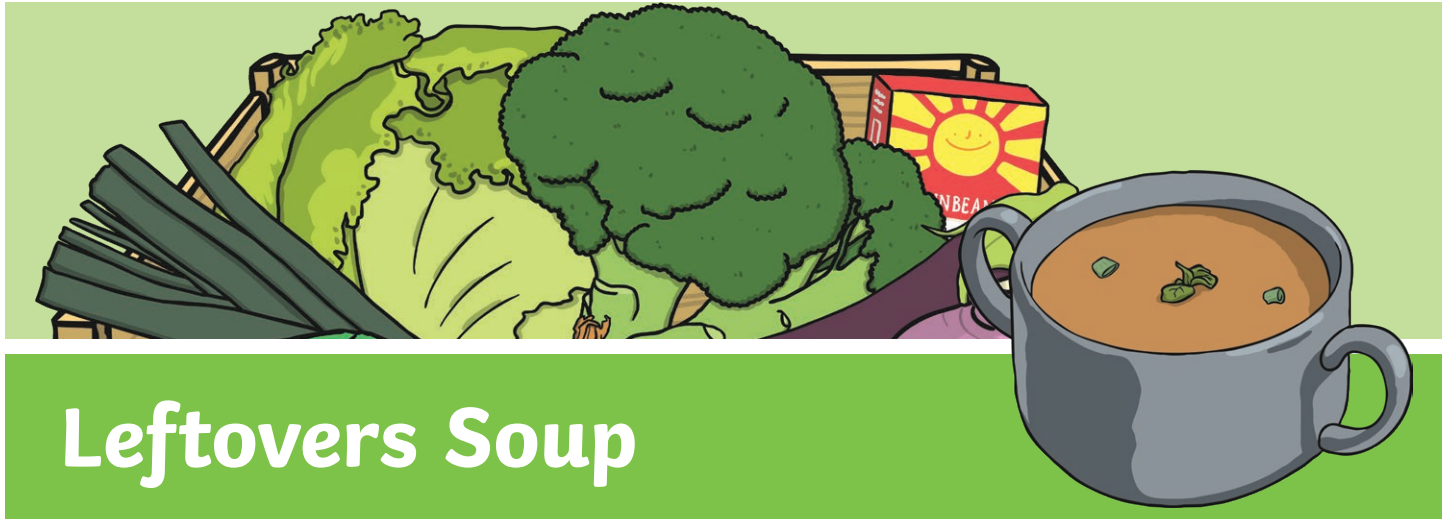
How does this help my children's learning?

Following a recipe can help children to understand sequences and following instructions. This recipe also encourages children to learn more about food waste and sustainability.

Ideas for further learning:

Why not challenge your child to find or create a recipe for other common food waste items, such as leftovers, bananas or bread?





Leftovers Soup

Turn tired-looking vegetables into a delicious, nutritious soup. You can use anything you may have in the fridge or veg rack; try lettuce, tomato, carrots, beans, broccoli, potatoes, peppers - in any combination you like. To save further food waste, we do not suggest peeling the vegetables (except for the onion), but this is entirely up to you.

Ingredients

1 onion
1 carrot
1 celery stick
2 medium potatoes
Leftover vegetables (whatever you have available)
1l hot vegetable or chicken stock (made with a cube is fine)
Salt and pepper



Method

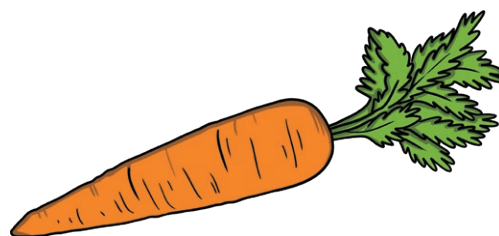
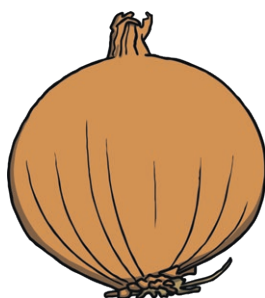
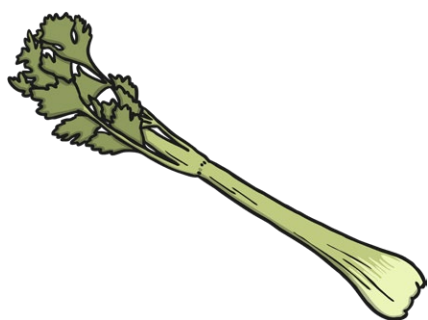
1. Peel and chop the onion.
2. Wash and slice the carrot, celery and potatoes, and cut into small dice.
3. Roughly chop the remaining vegetables.
4. Heat a little oil in a large frying pan or casserole and add the onion, carrot and celery. Stir around in the hot oil, then turn the heat down, put on a lid and leave the vegetables to soften for 5 minutes.
5. Turn the heat up again, and add the potatoes and the remaining vegetables. Stir around and allow to become hot.



6. Add the hot stock and season to taste with salt and freshly ground pepper. Bring to the boil, then turn down the heat, replace the lid and cook for around 15-20 minutes, until the vegetables are soft.
7. Allow to cool slightly, then blitz carefully using a liquidizer or stick blender (you may need to do this in two batches).

Variations

- Add your favourite chopped herbs: woody herbs like rosemary or thyme should be added at the start of the simmering process, but softer herbs like basil or coriander can be added after the soup has cooked.
- Add rice or lentils instead of potato to thicken. If adding lentils, use the red variety and cook for around 30 minutes.
- Fry a little chopped bacon in the oil before you add the onion mixture. If you do this, you will probably need less salt to season.
- Swirl a little crème fraiche or natural yoghurt on top of the soup before serving.
- This soup freezes really well. Freeze it in portion-sized batches so you always have something for a quick meal.



These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances that use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

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