



Creamy Silverbeet Soup

Source – Super Food Ideas via taste.com.au

Harvest – silverbeet, onion, potato, garlic

Vocab Words – shred, wilted, batches

Skills – chop, shred, peel, fry, boil

Equipment:

- Metric measuring millilitres and spoons
- Measuring scales
- Chopping boards and grips
- Blue scraps bowls
- Knives
- Large saucepan or stockpot
- Wooden spoon
- Blender
- Serving Items – mugs and teaspoons

Ingredients:

- 1 large bunch **silverbeet**, trimmed
- 1 tablespoon **olive oil**
- 2 large **brown onions**, roughly chopped
- 600-800g **potatoes**, peeled, chopped
- 4 **garlic cloves**, roughly chopped
- 2 litres **vegetable stock**
- 600ml **cream**

What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Separate the stems and leaves of the silverbeet. Finely chop the stems and finely shred the leaves.
3. Heat oil in a large saucepan over medium-high heat. Add silverbeet stems, onion, potato and garlic.
Cook, stirring occasionally, for 5 minutes or until onion has softened.
4. Add the stock to the onion mixture. Cover and bring to the boil.
5. Reduce heat to low and simmer for 8 to 10 minutes or until potato is tender.
6. Add silverbeet leaves and cook for 2 minutes or until just wilted. Set aside to cool slightly.
7. Blend in batches until smooth and then return to pan over low heat and season with salt and pepper.
8. Stir in cream and cook for 2 minutes or until heated through.

Notes: