

Creamy veggie soup

Serves 6

Ingredients

- Olive oil spray
- 1 leek
- 1 garlic clove
- 2 stalks of celery
- 3 large potatoes
- ¼ cup yellow spilt peas
- 1 litre vegetable stock, salt reduced
- 400g can reduced fat evaporated milk



Method

1. Finely slice leek. Crush garlic clove. Dice celery. Peel and dice potatoes
2. Lightly spray a large pot with oil. Add leek, garlic and celery and sauté until soft.
3. Add diced potatoes, yellow spilt peas and stock, stir to combine. Cover and bring to the boil.
4. Reduce heat and simmer for 25 minutes or until the potato and spilt peas are tender. Stir through evaporated milk.
5. Blend using a food processor or stick mixer, until soup is smooth and creamy.

Tip: leek can be replaced with finely diced onion.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 356g		
	Per serve	Per 100g
Kilojoules (kJ)	648	182
Protein (g)	9.5	2.7
Total fat (g)	1.9	0.5
- Saturated fat (g)	1.1	0.3
Carbohydrates (g)	23.8	6.7
- Sugars (g)	12.0	3.4
Fibre (g)	2.8	0.8
Sodium (mg)	750	211

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.