

Silverbeet and Pea Soup

Season: Winter

Type: Main

Serves: 28 tastings

From the garden: Silverbeet

Class focus: Cutting vegetables into various sizes



Equipment:	Ingredients:
Blender stick Large saucepan x 1 Wooden spoon x 2 Chopping boards and knives Measuring cups Measuring spoons Serving bowl x 5 Small ladle x 5	1 onion (cut into quarters) 1 potato (skin-on, cubed – 2cm) 2 celery sticks (2cm lengths) 1 carrot (skin-on, 2cm lengths) 4 silverbeets (stems & leaves, cubed – 2cm) 1 ½ cups green split peas 8 cups water (from the kettle) 1 vegetable stock cube 2 bay leaves 1 teaspoon salt 10 grinds of pepper

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients **except milk** in a large saucepan and cook over medium heat for 25 minutes or until all vegetables are softened.
4. Remove from heat and use a blender stick to blend all ingredients until smooth.
5. Serve into 5 serving bowls with a small ladle in each.