# THE SORCERER'S SUPER SOUP

The winter months often are cold, wild and dark in our magical kingdom, and during this time we need a little extra help to keep our magic powers in tip-top condition. A wise, old sorcerer who lived on top of a snowy mountain peak once told us of his secret Super Soup recipe - guaranteed to keep you strong, healthy and happy all winter long. Packed with magic beans and colourful vegetables; it tastes great with some tasty homemade bread! Give it a go and let these super foods give you super powers!

METHOD

✴ Peel the carrot and sweet potato with your vegetable peeler (another use for this handy tool!) and chop into bite-size pieces.

✴ Peel the outer skin of your onion and roughly chop.

✴ Take a saucepan and add a little drop of any oil or butter you have in your cupboard or fridge. Add the onions and carrot and gently fry over a low heat. Get an adult to help you.

✴ When the vegetables have softened and look a pale golden colour, take three tea cups of cold water and cover your vegetables, then add your rinsed magic beans.

✴ Bring the water to simmering point - you'll see lots of tiny bubbles on the surface.

✴ Add your stock cube and stir until it has dissolved.

✴ Add the sweet potato and herbs and then simmer for another 30 mins until the magic beans and vegetables are soft. Top up with a little water if the mixture looks a little dry.

✴ Serve and enjoy with some crusty bread.
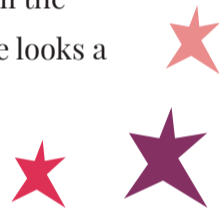
INGREDIENTS

[Feeds 2]

1 onion
1 carrot
1 sweet potato
1 handful of ready to cook dried or a tin of mixed beans or lentils
1 stock cube
3 cups of water
A pinch of dried herbs

Optional - salt and pepper to taste.

MIX IT UP!

Try changing up your soup by adding a pinch of any spices you may have in your home. Curry powder, paprika, chilli powder, cumin or all spice work well.

You can also add other root vegetables, peppers or tomatoes you have in your fridge to your soup. Soup is a great way to use up vegetables that are looking past their best or leftover from previous meals.

WILD FOR LIFE
A SCENIC PATHWAY TO LEARNING