












# Recipe Card






## Super Soup & Bread

### Ingredients

-  2 tbsp olive oil
-  1 large onion, finely chopped
-  2 tbsp minced garlic
-  3 cups vegetables of your choice, cut into 2cm chunks
-  1 can of mixed beans/lentils
-  2 ½ cups vegetable stock with no added salt
-  2 bay leaves
-  1 tsp turmeric
-  ½ tsp ground cumin
-  2 teaspoon paprika
-  Salt and pepper

### Flatbread (optional)

-  1 cup greek yoghurt
-  1 ½ cups wholemeal self-raising flour and more if needed for dough consistency
-  1 tbsp olive oil

### Equipment List

- Chopping board
- Butter knife
- Sharp knife
- Large saucepan
- Stirring spoon
- Ladle
- Can opener
- Measuring spoons
- Measuring cups

### Optional

- Frypan
- Spatula
- Bowl
- Rolling pin



Preparation  
10 mins



Cooking  
25 mins

Servings  
1



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## Method

- 1 In a large saucepan, heat the oil, add the onions and garlic, cook until soft.
- 2 Add the rest of the vegetables and mixed beans to the pot.
- 3 Add the stock, bay leaf, and any spices you're using.
- 4 Increase the heat to high to bring the soup to a boil.
- 5 Reduce to simmer and, cover until all the vegetables are soft and cooked through, 20 to 30 minutes.
- 6 Season with salt and pepper to taste.

## Homemade Flatbread (optional)

- 1 Combine Greek yogurt and flour in a bowl.
- 2 Gradually add more flour until dough forms.
- 3 Knead for 1-2 mins, adding flour until non-sticky and dough holds shape.
- 4 Divide dough into 6 parts.
- 5 Lightly grease surface, roll dough into rounds.
- 6 Heat a frying pan on medium heat, cook each side 20-30 sec until golden.
- 7 Repeat for all flatbreads.

## Additional

- Mix up vegetables e.g. left over roasted vegetables
- Cooked grains e.g. rice, quinoa, farro, and barley
- Add protein - try chicken or beef
- Add fresh herbs and spices
- Add some seeds/spices to the flatbread
- Cook the flatbread in garlic or herb infused oils



## Super Soup & Bread

### Nutrition Information

Approx. per serve

Energy .....	2000kJ
Protein .....	17g
Total fat .....	15g
Saturated fat .....	2g
Carbohydrate .....	52g
Fibre .....	16g
Sodium .....	518mg