

Alphabet Soup (serves 4-6)



INGREDIENTS

- ★ 2 cups of peeled and chopped carrots
- ★ 1 knob of butter
- ★ 1 tsp sugar
- ★ 2½ cups water
- ★ Ground pepper
- ★ 1 small onion chopped
- ★ 2 cans tinned tomatoes
- ★ 1 tsp salt
- ★ 1 tsp celery salt
- ★ Flat leaf parsley (chopped)
- ★ 1 cup Alphabet pasta (cooked)
- ★ Optional garnish; sprinkle with a handful of mixed veges

METHOD

Try this great winter warmer recipe. Its so delicious you'll eat your words!

1. Cook pasta according to packet instructions, drain and set aside.
2. In a saucepan, melt butter & saute onion until soft (count up to 120 seconds).
3. Add remaining ingredients. Simmer with lid on for 10 minutes.
4. Remove the pot from heat. Cool for 10 minutes, then blitz mixture in a blender or, use a hand wand that is meant for blitzing soup while in the pot.
5. Add pasta, then when ready to eat, reheat soup. Pour into bowl.
6. Sprinkle with chopped parsley & mixed veges.