

# HUA WHENUA SOUP

(VEGETABLE SOUP)



**Season:** autumn/winter  
**Type:** starter or main meal  
**Difficulty:** medium  
**From the Garden:** onion, celery, carrots, pumpkin, kumara, spinach or silverbeet, parsley  
**Makes:** approximately 16 starters  
**Source:** *Maria Wilson, Dominion Road Primary*

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## Equipment:

- Large stock pot
- Chopping boards
- Knives
- Vegetable peelers
- Grater
- Measuring cup for stock

## Ingredients:

- 4 litres of vegetable stock (see page 2)
  - ½ cup of either split red lentils, rice, soup mix, barley or pasta (*small shapes*)
  - onion or the white part of leek
  - celery, carrots, potato, pumpkin, kumara
  - spinach or silverbeet
  - large bunch of parsley
  - salt and pepper to taste
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## How to make:

1. Heat the stock until boiling.
2. Wash and prepare the vegetables:
3. Onion – peel and dice
4. Celery – cut into thin slices and include any leaves
5. Root vegetables - peel and cut into small dice or grate
6. Spinach or silverbeet – thinly slice the stalks and add with the vegetables. Shred the leaves and put to one side to be added at the end of the cooking time
7. Parsley – finely chop and put to the side.
8. Once the stock is boiling, reduce the heat to a simmer and add the lentils/rice/pasta etc. Add the vegetables to the pot as they are prepared.

9. Bring back to the boil, then reduce to a simmer until the vegetables are tender (*approximately 25 to 30 minutes*) Add more stock or boiling water if more liquid is required. Add salt to taste.
10. Add the reserved spinach or silverbeet leaves and cook for a further 5 minutes.
11. Add the chopped parsley, divide between bowls and enjoy!

### Notes:

If you need the soup to cook quickly, the carrots, potato, pumpkin and kumara will cook faster if they are grated instead of chopped.

If you have any herb or kale pesto in the freezer, you can add a small dollop to each bowl. The heat of the soup will bring all the flavours out.

Why not try making your vegetable stock for this recipe. You may need to do it in advance in a previous Garden to Table session as it takes a while to cook. But it can be frozen and used in a variety of recipes.

A simple **vegetable stock** can be made as follows:

Heat a little oil in a large pot and add a chopped onion, leek and carrot, a stick of celery, a tomato, a few mushrooms and 2 cloves of garlic. Toss, cover and sweat the vegetables over a low heat for about 10 minutes, stirring occasionally so as not to let them scorch. Add 2½ litres of water, 4 peppercorns, a few parsley stalks and a bay leaf. Bring slowly to the boil, skimming as necessary and simmer for 2-3 hours.

Cool and strain, pressing down on the vegetables to extract maximum flavour. Refrigerate for 2-3 days or freeze.