

## Winter Warming Wonders

There's nothing more satisfying than a hot soup on a cold winters day. It makes a wonderful meal or a great option for an after school snack. You can take soup to school for lunch in a thermos.

Soups are a great way to use up old vegetables and can easily be made in the slow-cooker, cook on low for about 6-8 hrs or overnight.

After cooking, cool the soup and keep it in an air tight container in the fridge or freeze in portion sizes. It is best not to reheat a full pot of soup, instead reheat only the portions that you need.

Once you make a pot or two you'll discover it isn't really that hard to do.

### Tomato and lentil- serves 4

Tomatoes are a great ingredient for any soup they add flavour, bulk and can be bought in cans for less than \$1. Lentils also add bulk to the soup and give soup a great texture.

#### Ingredients:

1 can tomatoes	1tsp garlic
1 cup of orange spilt lentils	2 Spring onions (optional)
1 Tbsp of tomato paste	Fresh coriander (optional)
3 medium sized potatoes	Chicken Stock (3tsp/4 cups water)
2 Medium sized carrots	Pepper and salt to taste
1 large Onion	

#### Cooking directions:

1. Dice vegetables
2. Cook onions and garlic until soft
3. Add the rest of the diced vegetables, canned tomatoes and chicken stock to pot and bring to the boil
4. Add lentils
5. Simmer for half an hour or until vegetables and lentils are soft, add coriander 5 minutes before serving.

### Potato and Leek- serves 4

A quick, easy and low-cost soup with a delicious flavour that is perfect for those cold winter nights!

#### Ingredients:

2 Leeks sliced	Chicken Stock (4tsp/4 cups water)
3 potatoes peeled	2 cups of low fat milk
1 tablespoon olive oil	Baked bacon roughly chopped (optional)

#### Cooking directions:

1. Cook the leeks and potatoes ( and bacon) in the oil in saucepan until soften
2. Add the chicken stock and simmer gently for 15 to 20 minutes or until the vegetables are tender
3. Puree with a stick blender, if wished. Or mash with a potato masher
4. Add the milk at the end. Heat, but do not boil.  
Great served with a slice of crusty wholegrain bread

## Healthy Nibbles Nutrition Updates for High Schools

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For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha