



Your guide to providing healthier food and drinks in sport, recreation and entertainment venues

Blender and Soup Warmer

In the chilly winter months, soup is a great product to have on offer. You can use a blender to make the soups and a soup warmer to keep it at the perfect temperature. You will find a range of pre-made soups in the Star Choice™ Buyer's Guide. The Canteen Cuisine Cookbook has a variety of recipes for soup, three are listed below.

Pumpkin Soup – Recipe from Canteen Cuisine – page 68

This recipe is rated as **GREEN**

Makes 20 x 200mL serves	10	25	50
½ medium sized pumpkin	¼	1	2
1 large orange sweet potato	½	1	2½
2 brown onions	1	2½	5
3 potatoes	1½	4	7½
2½ litres water	1.25L	3.1L	6.25L
3 tablespoons chicken stock powder	1½ tablespoons	4 tablespoons	8 tablespoons
1 teaspoon minced ginger	1 teaspoon	2 teaspoons	4 teaspoons
1 can low-fat evaporated milk	½ cup 125mL	1¼ cups 310mL	2½ cups 625mL

Method

1. Peel and chunky chop all the above vegetables except ginger.
2. Add water.
3. Add chicken stock powder and ginger.
4. Cook until soft, approximately 15-20 minutes, then puree.
5. Add low-fat evaporated milk or low-fat milk (depending on the consistency).

