



FEEDS	TIME TO COOK	HOW TO MAKE IT STRETCH
6	THIS RECIPE is <b>QUICK</b> TO MAKE	<ul style="list-style-type: none"><li>• add another tin of tomatoes or beans</li><li>• add some pasta</li><li>• make sure there is plenty of bread</li></ul>

Source: Various

**Deadly 3 Tucker**

# Chunky Veggie Soup ☺☺



**Wash hands**



## Ingredients

- 3 capsicums
- 3 onions
- $\frac{3}{4}$  cabbage
- 8 celery sticks
- 3 large peeled tomatoes or  
1 large tin of tomatoes
- 2 packets French Onion Soup (low salt)
- 1 x 440g tin three bean mix or  
red kidney beans
- 6 cups of water
- Add more water if needed



## Step 1

Shred cabbage, and chop other vegetables into large chunks.



## Step 2

Put into pot with water, beans and French Onion Soup mix.



## Cooking things

- Soup pot
- Large knife
- Chopping board
- Cup measure
- Can opener
- Ladle or serving spoon



## Step 3

Simmer until vegetables are soft.  
Serve with bread or bread rolls.

