

Silver beet Soup

Bialik College Kitchen Garden Program



Ingredients:

- 400g silver beet washed, & chopped
- 800g potato, diced
- 2 onions, sliced
- 2 cloves garlic, sliced
- 12 cups chicken stock
- 2 tablespoons olive oil
- optional topping: sour cream & parmesan cheese grated

Equipment:

- large saucepan
- chopping board
- knife
- blending stick
- metric measuring spoons/cups
- grater

Method:

1. Place chopped onion & garlic into the saucepan with olive oil and cook on low heat till softened.
2. Add diced potatoes and cook for a few minutes, stirring constantly.
3. Add stock & silver beet and cook gently until potato is cooked.
4. Puree soup with a stick blender or food processor.
5. Serve topped with sour cream and parmesan.