



Silverbeet Soup

What to collect	
Ingredients	Equipment
400g silverbeet, stems discarded & leaves chopped	large saucepan
800g potatoes, diced	chopping board
1 onion, sliced	knife
2 garlic, cloves, sliced	blending stick
1 2 cups chicken stock	metric measuring spoons/cup
2 tablespoons olive oil	grater
Optional topping: sour cream & parmesan cheese	

What to do

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 & silverbeet and cook gently until potato is cooked.
4. Puree soup with a stick blender, season to taste.
5. Serve topped with sour cream & parmesan