****

**Hearty Winter Soup with Beef & Vegetables**

**Ingredients (Per Pair)**

½ Tbs oil

½ onion, grated

1 tsp minced garlic

100g beef mince

1 small potato, peeled & diced

1 carrot, peeled & diced

80g pumpkin, diced

30g cabbage, chopped

100g crushed tomatoes

1 tsp beef stock powder

1¼ cup hot water

½ tsp dried herbs

Salt and pepper to taste

1 Tbs sweet chilli sauce

Parsley to garnish

**Method**

1. Prepare the vegetables. Make beef stock by adding hot water to beef stock powder.
2. Heat oil over medium heat in a large saucepan. Add grated onion and minced garlic and sauté for a minutes.
3. Add the minced beef and cook until brown. Add the crushed tomatoes, beef stock, potatoes, carrots and dried herbs. Bring to a boil and let the soup simmer for 5 minutes.
4. Add the pumpkin and cabbage and let it simmer for another 10 to 12 minutes or until all vegetables are cooked.
5. Season soup with salt and pepper and add sweet chilli sauce.
6. Garnish with parsley. Serve hot with toast.

**Learning Intention**

**To follow the recipe precisely with all vegetables prepared as required**

1. Explain the process of dicing. What vegetables did you dice today?
2. List some ingredients that you could use to adapt this recipe?
3. Write a paragraph, using culinary language, convincing a customer to buy Vegetable Risotto from the menu.