KS1	✓	KS2	✓	Hob	✓	Oven		Can be cooked at home	

Chunky Pasta Soup

(Serves 4)

Preparation time = 30 mins

Cooking time = 20-30 mins

Method

1. Chop the onion, carrots and celery into 1 cm pieces
2. Crush the garlic cloves
3. In a large saucepan over a medium heat add the oil, onion, carrots, celery, garlic, thyme and salt and pepper.
4. Cook until soft.
5. Prepare the vegetable stock
6. Add the tomatoes and stock and simmer for 10 minutes
7. Add pasta and cook for another 10 minutes or until tender

INGREDIENTS

- 1 onion
- 1 tbsp olive oil
- 2 cloves garlic
- 2 stalks celery
- 3 medium carrots
- 1 tbsp fresh thyme chopped
- Pinch pepper
- 1 tin chopped tomatoes
- 500 mls vegetable stock
- 1 cup pasta (your choice)

EQUIPMENT

- Knives
- Garlic crusher
- Chopping board
- Saucepan
- Wooden spoon
- Tin opener
- Measuring jug

KS1	✓	KS2	✓	Hob	✓	Oven		Can be cooked at home	

Facilitator Notes

Skills:

Chopping

Measuring

Frying

Boiling

Risk Assessment points to consider:

Use of knives

Use of tin opener

Use of hob

Special Dietary Requirements:

***Gluten/wheat intolerance* – use gluten free pasta**

Containers:

Ask pupils to bring a suitable container in with a secure lid, ideally a flask or a drinking bottle with a wide neck

Key Messages:

Discuss how the ingredients fit into the Eatwell Plate

Discuss what changes could be made e.g. the use of different vegetables or pulses, the addition of meat

Storage / Reheating:

Once cooled, store in fridge for up to 2 days

Reheat in the microwave for approximately 3 minutes, stirring half way through, or heat in a saucepan on a hob until piping hot

Suggestions:

- **This recipe is better undertaken in small groups of no more than 8 - 10 pupils**
- **Multiply the recipe according to group size**
- **Prepare work stations with all the ingredients and equipment set out ready.**
- **Talk through every stage of the recipe and allocate and discuss 1 or 2 ingredients to prepare for each pupil or pair**
- **Pupils will need a lot of support with preparing the vegetables. To save time it is suggested that the vegetables are peeled and partly prepared before the session. Pupils can then use scissors to cut the vegetables into small pieces.**
- **Ensure adequate adult supervision when pupils are using knives.**
- **Once all the ingredients are prepared, only the facilitator should cook the soup on the hob, with pupils observing from a safe distance. Involve pupils by allowing them to instruct the facilitator by reading out the recipe steps**

Chunky Pasta Soup: NAME: CLASS: DATE
Storage: keep in the fridge for up to 2 days
Reheat: Reheat in the microwave for approximately 3 minutes, stirring half way through, or heat in a saucepan on a hob until piping hot!