

Exciting ways to veg up!

Veg up soup



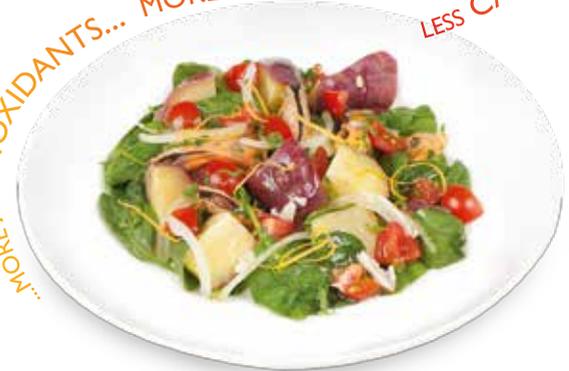
ADD MORE MINERALS... MORE VITAMINS... MORE COLOUR...

Veg up mince



...MORE ANTIOXIDANTS... MORE TASTE... WITH LESS SALT... LESS FAT... LESS CALORIES!

Veg up mussels



Veg up soup SERVES 6



INGREDIENTS

1 Tbsp oil
1 onion, peeled and sliced
2 each kumara, potatoes, carrots, diced
1–2 cups peeled and diced pumpkin
1 pkt cream of chicken soup
6 cups water
1 leek, sliced
10 green beans, sliced



METHOD

Heat the oil in a heavy-based saucepan. Sauté the vegetables for 5–6 minutes. Add the soup mix and simmer gently for 15–20 minutes or until the vegetables are tender. Add the leek and beans near the end of cooking.

Variation: omit chicken soup and thicken with a cornflour and water paste.

Veg up mince SERVES 4



INGREDIENTS

1 Tbsp oil
400g lean beef mince
1 onion, peeled and diced
2 cloves garlic, peeled and finely chopped (optional)
2 carrots, sliced into matchsticks
2 courgettes, sliced into matchsticks
2 stalks celery, sliced
½ Tbsp cornflour mixed to a paste with water
2 very large or 4 large potatoes
Chopped parsley for garnish



METHOD

Heat a heavy-based saucepan which has a fitting lid. Add mince in batches and brown on all sides, add onions, garlic and cook for 5 minutes or until mince is browning. Add vegetables, cover and simmer for 10–15 minutes. Stir occasionally, adding a little water if necessary. Add the cornflour mixed with water and stir well. Cook until thickened. Serve on baked potatoes, sliced in half or quarters.

Veg up mussels SERVES 4



INGREDIENTS

2 potatoes, peeled and chopped
2 kumara, peeled and chopped
1 tsp vegetable oil
½ onion, sliced
2 cups baby spinach leaves
20 cooked mussels
½ cup vinaigrette
2 tomatoes
Diced chopped parsley



METHOD

Steam potatoes and kumara over simmering water for about 10 minutes or until cooked. Heat a heavy-based saucepan, add oil and onion. Stir over medium heat for 1–2 minutes or until onion is transparent. Remove from heat, add cooked potatoes, kumara and baby spinach, mix gently. Place cooked vegetables onto serving plate. Add mussels and toss with vinaigrette. Top with tomatoes and chopped parsley.