

ACTSCA'S WINTER WARMERS



PUMPKIN SOUP

25 SERVINGS

100ML POLYUNSATURATED OIL

3.5 KG. CHOPPED PUMPKIN

250 GR. CHOPPED CELERY

500 GR. FINELY CHOPPED ONION

5 LITRES CHICKEN STOCK

3 TEASPOONS NUTMEG OR ALLSPICE OR PEPPER TO TASTE

HEAT OIL IN LARGE SAUCEPAN, ADD VEGETABLES AND COOK FOR 10 MINUTES OVER A LOW HEAT. ADD STOCK AND SEASONINGS AND SIMMER OVER A LOW HEAT UNTIL VEGETABLES ARE TENDER. COOL AND PUREE OR BEAT MIXTURE UNTIL SMOOTH. RE-HEAT TO SERVE.



CHICKEN AND RICE (OR NOODLE) SOUP

25 SERVINGS

7 LITRES CHICKEN STOCK

400 GRAMS FINELY CHOPPED ONIONS

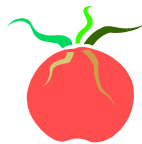
300 GRAMS CHOPPED CELERY

250 GRAMS UNCOOKED RICE

6 TABLESPOONS CORNFLOUR

450 GRAMS CHICKEN -SHREDDED OR FINELY CHOPPED

RESERVE A SMALL AMOUNT OF STOCK. COOK ONIONS, CELERY AND RICE IN REMAINING STOCK UNTIL TENDER. BLEND CORNFLOUR INTO RESERVED STOCK. ADD TO SOUP, STIRRING AS YOU ADD. COOK UNTIL THICKENED. ADD CHICKEN AND SIMMER FOR AT LEAST 3 MINUTES BEFORE SERVING. ALTERNATIVELY OMIT RICE, COOK STOCK & VEGETABLES, THICKEN AND ADD CHICKEN AND SOME DRIED NOODLES. COOK UNTIL NOODLES ARE "AL DENTE".



HOMEMADE TOMATO SOUP

25 SERVINGS

100 ML POLYUNSATURATED OIL

500 GRAMS FINELY CHOPPED ONIONS

250 GRAMS CHOPPED CELERY

3.5 KG CANNED TOMATOES (PREFERABLY NO ADDED SALT) OR 7 1/2 X 450 gr.CANS

100 ML TOMATO PASTE (PREFERABLY NO ADDED SALT)

1 KG. DICED POTATOES

2.5 LITRES CHICKEN STOCK

HEAT OIL IN PAN, ADD ONION AND CELERY AND COOK FOR 10 MINUTES OVER A LOW HEAT. ADD CANS OF UNDRAINED TOMATOES AND COOK FOR ONE MINUTE. ADD STOCK, POTATOES AND TOMATO PASTE AND, IF DESIRED, 1 TABLESPOON OF DRIED BASIL. SIMMER OVER LOW HEAT UNTIL VEGETABLES ARE TENDER. PUREE MIXTURE OR BEAT WELL. REHEAT AND SERVE

THESE RECIPES HAVE BEEN ADAPTED BY ACTSCA FROM THE "COOKING FOR PLENTY" COOKBOOK PUBLISHED BY THE NATIONAL HEART FOUNDATION