

## Winter Warming Wonders

There's nothing more satisfying than a hot soup on a cold winters day. It makes a wonderful meal or a great option for an after school snack. Soups are a great way to use up old vegetables and can easily be made in the slow-cooker, cook on low for about 6-8 hrs or overnight.

Once the soup is cooked, cool and keep it in an air tight container in the fridge or freeze in portion sizes. It is best not to reheat a full pot of soup, instead reheat only the portions that you need.

Encourage your children to help make one of these recipes.

### **Potato and Leek- serves 4**

A quick, easy and low-cost soup with a delicious flavour that is perfect for those cold winter nights!

#### **Ingredients:**

2 Leeks sliced  
3 potatoes peeled  
1 tablespoon olive oil  
Chicken Stock (4tsp/4 cups water)  
2 cups of low fat milk

#### **Cooking directions:**

1. Cook the leeks and potatoes in the oil until soften
2. Add the chicken stock and simmer gently for 15 to 20 minutes or until the Vegetables are tender
3. Puree with a stick blender, if wished. Or mash with a potato masher
4. Add the milk at the end. Heat, but do not boil.  
Great served with a slice of crusty wholegrain bread

### **Chicken and corn soup-serves 4-6**

It's a simple recipe with minimal ingredients. Great for children's simple tastes

#### **Ingredients**

1L chicken stock  
500g chicken breast, thinly sliced  
2 x420g cans cream corn  
3 eggs lightly beaten

#### **Cooking Directions**

1. Pour stock into saucepan and bring to the boil
2. Add the chicken, reduce heat to a simmer and cook (well, poach, really) for 5 minutes.
3. Stir in creamed corn and cook for a further 5 minutes.
4. Now for the fun bit, stir the soup quickly to get a whirlpool happening and then drizzle in the egg.
5. Keep stirring to make sure the egg separates into lovely little stringy bits; adding the egg thickens the soup nicely too

## **Healthy Nibbles** Nutrition Updates for Primary Schools

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For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha