

These soup recipes are super quick to prepare and make a warming afternoon snack. Serve with toast fingers or croutons. Each recipe makes 30 snack serves and takes 30 minutes or less to prepare.

Chicken and Sweet Corn Soup

Ingredients

- ¼ cup olive oil
- 4 teaspoons crushed garlic
- 800g chicken breast, cut into small cubes
- 2L salt reduced chicken stock
- 4 x 420g cans creamed corn
- 400g cans corn kernels, drained
- 2 spring onions, finely sliced (optional)

Method

1. Heat oil in a large stock pot/saucepan.
2. Add the garlic and chicken and cook for 3-4 minutes.
3. Stir in the stock, creamed corn and corn kernels.
4. Bring to the boil then simmer for 15 minutes or until the chicken is very tender and you're happy with the consistency.
5. Remove from heat and stir through spring onion.

Minty Pea and Ricotta Soup

Ingredients

- ¼ cup olive oil
- 3 onions, diced
- 4 zucchinis, chopped into small cubes
- 1.5g frozen peas
- 2.5L salt-reduced vegetable stock
- 1 tsp white pepper
- 1 ¼ tsp ground nutmeg
- ¾ cup fresh mint leaves, finely chopped
- 400g fresh ricotta or in tub

Method

1. Heat oil in a large stock pot/saucepan.
2. Cook onion until softened. Add zucchini and frozen peas and cook until peas defrost.
3. Add stock and bring to the boil. Stock should be covering peas, add a little extra water if necessary.
4. Once boiling, add pepper and nutmeg. Reduce heat and cook for 10 minutes.
5. Add chopped mint and cook for another 5 minutes.
6. Remove soup from heat and stir through ricotta. Using a stick blender, process the soup until smooth.

Creamy Tomato and Macaroni Soup

Ingredients

- ¼ cup olive oil
- 2 diced onions
- 4 teaspoons crushed garlic
- 4 x 400 g crushed tinned tomatoes
- 2 cups salt reduced vegetable stock
- 1 cup small pasta shapes (i.e. rissoni, macaroni)
- 375ml can evaporated milk
- Grated cheese for serving (optional)

Method

1. Heat oil in a large stock pot/saucepan.
2. Cook onion and garlic for 3 minutes.
3. Add tomatoes and stock, cover and bring to boil for 5 minutes.
4. Remove from heat and puree with a stick blender.
5. Add pasta and boil for about 10 minutes until cooked through.
6. Remove from heat and stir through evaporated milk.