



Autumn Soups... this May, at Fresh Market!

Autumn is a great month to begin soup making, and Fresh Market in Whakatane have a great range of vegetables to get you started! Soups are nutritious, easy to prepare and tasty! Combine with a loaf of fresh bread for a perfect meal this autumn!

Golden Vegetable Soup

A thick pumpkin soup is comfort food to the last spoonful! Try this tasty variation which is quick to make and makes great use of current Autumn vegetables.

Ingredients

- 2T Butter or oil
- 1 leek, sliced
- 2tsp ginger (optional)
- 1 large carrot, chopped
- 3 medium potatoes, chopped
- ¼ to ½ pumpkin, seeded and peeled, then chopped
- 2 cups of other vegetables – try cauliflower, parsnip, kumara etc

- 3cups of vegetable stock
- salt and pepper to taste

In a pot, heat butter or oil, and gently sauté leek and ginger (if using) for a few minutes until softened. Add the other vegetables and stock, bring to the boil and then lower temperature. Simmer soup for about 25min or until vegetables are soft.

Remove from heat and puree or mash until smooth. Season to taste and enjoy!

Crockpot Vege and Beef Soup

The crockpot is a wonderful helping hand on busy days! You can prepare dinner in the morning and come home to a steaming, cooked and tasty meal! Try making this chunky soup and serve with hot buttered toast.

Ingredients

- 750gms cubed beef stewing steak
- 2 cups of stock (beef or vegetable)
- 1 onion, chopped
- 1 800g tin of tomatoes (crushed, diced or flavoured)
- 2 potatoes, chopped,

- At least 2 cups of chopped vegetables – try carrot, parsnip, pumpkin, kumera, leek
- 1 tsp of marmite or vegemite
- Salt and pepper to taste

Place everything into crockpot and cook on low for approx 8 hours.

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Brothers, Howard & Jeremy Johnson have spent a lifetime in the green grocery business and have become specialists in quality produce.

For a wide variety of the freshest, greenest, juiciest, healthiest fruit & vegetables in town, ingredients, sauces and unbeatable service, go to The Fresh Market, next to Pak n Save, Lovelock street, Whakatane.

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