



FOOD ON THE RUN!

After a very successful Soup & Bingo night, I thought it fitting to share the following two recipes with you. Firstly Willie's Butternut soup recipe – we could not keep up with the butternut soup orders at the Bingo night so this is certainly already a firm favourite of many.

Butternut soup

Ingredients :

- ❑ 500g Butternut (cut in cubes)
- ❑ 2 onions (chopped)
- ❑ 4 cups chicken stock (or vegetable) - 2 stock cubes makes 1 liter
- ❑ crushed garlic
- ❑ salt & pepper to taste
- ❑ pinch of nutmeg
- ❑ pinch of cinnamon
- ❑ pinch of cloves
- ❑ ½ cup cream (125 ml)
- ❑ 1 tablespoon margarine

Method :

Fry onions in margarine until soft. Add garlic and fry for another 1 minute. Add butternut and fry until soft. Add stock and simmer for 20 minutes. Add spices and simmer for another 5 minutes. Liquidize and add cream just before serving.

Insider tips :

- ❑ Recipe can easily be doubled.
- ❑ 500g butternut gives you +/- 4 cups of soup. (can you imagine how many butternut Trisha and Willie had to use to make the soup for the Bingo night – thanks guys and thanks to Fruit & Veg for giving us a special price on peeled / cut up butternut).



The second recipe is one from Ilke. This can easily be made when camping. Pierre and Deon even made this as one of their suppers while hiking the Otter Trail. Obviously the first night – we know Pierre have a lot of energy, but to carry those cans for more than one day would have been a bit stupid!

Tuna Soup

Ingredients :

- 1 x can condensed Tomato soup
- 1 x can condensed Pea soup
- 2 x cans water (measure out water in empty soup cans)
- 2 x 180g tuna
- ¼ cup sherry (62,5 ml)
- ½ cup cream (125 ml)

Method :

Add water bit by bit to condensed soup mixing continuously to ensure an even texture. Bring slowly to just under boiling point. Add tuna. Lastly add sherry and cream before serving.

Insider tips :

- If pea soup is not available you can substitute it with condensed asparagus soup.

We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.

Forward any recipes to me at : drocher@absamail.co.za

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