WILDLING TRIBE CHEFS

Luna, Eva and Mabel's Special Tribe Soup

Luna, Eva and Mabel worked hard to make this soup at Wisdom Seekers. They did such a great job that the pan was emptied in record time and everyone felt full and warm!

The Good Bits

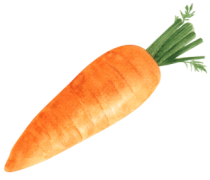
- Squash has beta-carotene which keeps your eyes healthy
- Keeps illness away!
- Makes your bones healthy
- High in fibre to help you digest your food
- Vitamin B1 turns your food into energy
- Potatoes have potassium and vitamin B6 and lots of vitamin C
- Leeks contain kaempferol which may help to fight cancer and other diseases

Food Facts

- You can bake and eat butternut squash seeds like pumpkin seeds!
- Carrots aren't always orange they can be different colours
- There are about 4000 types of potatoes in the world!
- In ancient times, leeks were worshipped in Wales. It was said they kept evil spirits away

Chefs' Notes

- Eat this soup on a cold winter's day in the woods around a crackling camp fire with your Tribe!
- Home baked bread goes well with it
- Make sure you make more than you think you will need because it tastes so good!



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What's in it?

- 3 big potatoes cubed
- 1 butternut squash chopped into small pieces
- 4 carrots chopped into pieces
- 3 leeks chopped into pieces
- water
- 3 gluten free vegetable stock cubes
- salt
- white pepper
- black pepper

Equipment

- A knife
- A peeler
- A deep saucepan
- A chopping board
- A big spoon for stirring the soup
- A stick or battery blender if you want the soup to be smooth
- A camp fire or hob if you are indoors

Let's Cook!

1. Chop all the vegetables and put them in the pan
2. Add stock cubes and water or 1 litre of stock
3. Put the pan on the fire until the vegetables are soft. If you are indoors, cook the soup on a hob on medium heat until the potatoes and squash are soft
4. Use the battery or stick blender to make the soup smooth
5. Add salt and pepper
6. Simmer for 5 minutes then take off the hob and pour or ladle into cups or bowls
7. Eat with home made bread and butter

TRIBE CHEFS: Luna, Eva and Mabel ..... on 20th January, 2025 .....