

Children's Services



WEST INDIAN SOUP

YMCA Bunbury Early Learning Centre's favourite mulligatawny soup!

INGREDIENTS:

1. 3 Tbsp. butter or margarine
2. 2 small brown onions
3. 1 medium sized carrot, roughly chopped
4. 2 stalks celery, roughly chopped
5. 1 small green capsicum, roughly chopped
6. 1/4 cup plain flour
7. 1 Tbsp. curry powder
8. 1/4 tsp. nutmeg
9. 2 tsp. parsley
10. 1L chicken stock
11. 1 tsp. salt
12. 1/4 tsp. pepper
13. 1 x 425g crushed tomatoes can
14. 300g cooked chicken mince
15. 1 cup cream
16. 1 cup cooked white rice

METHOD:

Step 1

Melt butter in a large saucepan, add carrot, onion, celery, capsicum, and fry for 8 to 10 minutes until golden.

Step 2

Add curry powder, salt, pepper, nutmeg, parsley and cook for 1 minute. Blend in flour and then add stock and crushed tomatoes. Cover and simmer for 1 hour.

Step 3

Take off the heat, using a blender stick very carefully blitz vegetables until no large lumps are left. Return to the heat on a very low simmer.

Step 4

Add cooked chicken, cooked rice and cream. Heat for approx. 3 minutes longer then serve.

It can be served with buttered warm crusty bread.

*This recipe has been given by
Bunbury Early Learning Centre*

CHILDREN'S SERVICES

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