



## HEALTHY MINESTRONE SOUP

Serves about 6/8

2 red onions, peeled and diced  
1/2 packed bacon, diced  
1 clove garlic

**Fry the above then add the following and continue frying for another 2 minutes**

2 large carrots, diced  
1 large potato, diced  
250g pumpkin or butternut, diced  
500g cabbage, shredded

**Then add the following and cook for 1 hour:**

2 x tins of chopped tomatoes  
1 ½ litres chicken stock  
2 teaspoons dried Italian herbs

**Then add**

½ cup shell pasta  
1 tin butter beans, drained and rinsed

**Cook for a further 10 minutes**

Salt & pepper to taste



[www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)





## BUTTERNUT & SWEET POTATO

Serves about 4/6

- 1 x whole butternut cut into cubes
- 3 x large sweet potatoes cut into cubes
- 1 x large onions, sliced and gentle fried
- 1 x chicken or vegetable stock cube
- 1 tablespoon of brown sugar
- 2 litres water (to cover veggies)

**Add the fried onions, butternut, water & stock cube to a large pot and gently simmer for about 50 minutes. Remove and liquidize. Then put back onto the stove and add:**

- ½ cup fresh cream
- Dash of cinnamon or nutmeg
- Dash of Freshly chopped Coriander (50ml)
- Salt & pepper to taste



[www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)





## CHICKEN PEANUT SALAD

**Using a mortar and pestle and pound the following:**

- 1 clove garlic
- Red chilli
- ½ cup roasted peanuts
- 1 tablespoon brown sugar
- 1 tablespoon fish sauce
- 1 x freshly squeezed lemon
- Salt and pepper

**Make a lovely green salad with butter lettuce, cucumber, spring onions and 250g bean sprouts. Shred about ½ chicken and mix with the above mixture. Pour over the salad.**



[www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)





## MIX & MATCH CHOCOLATE CRUNCH

**The children should be able to do this all on their own – great for baker man or birthday parties.**

½ x cup cornflakes

½ x cup rice crispies

½ x cup popcorn

200g melted chocolate white or dark

12 /16 depending on the size Cupcake holders

**Melt the chocolate in the microwave stirring occasionally (ask mom for help). Once melted, combine all the ingredients together. Spoon into cupcake holders.**



[www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)

