



*COURTESY OF ALLAN FROM NUNAWADING  
COMMUNITY GARDEN*

# ZUCCHINI



# SOUP

- 2 MEDIUM ONIONS - CHOPPED
- 1 TEASPOON MUSTARD
- 30 GRAMS MARGARINE
- 4 MEDIUM ZUCCHINIS - CHOPPED
- 3 MEDIUM POTATOES - CHOPPED
- 4 CARROTS - CHOPPED
- 2 CUPS OF WATER
- 3 BEEF OR CHICKEN CUBES

## **METHOD**

Dice all vegetables

Place in a large saucepan.

Cook on medium flame for about 30 minutes or until cooked.

Bamix to a puree.