

# Fresh for Kids® Creamy carrot, kumara & bacon soup



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## Creamy carrot, kumara & bacon soup

**Preparation:** about 25 minutes

**Cooking:** about 50 minutes

**Serves:** 4

*This soup thickens on standing, add extra stock if necessary.*

1 tbs olive oil

1 onion, finely chopped

2 garlic cloves, finely chopped

175g rindless shortcut bacon rashers,  
roughly chopped

600g kumara (orange sweet potato), peeled  
and diced

600g carrots, peeled and diced

5 cups chicken stock

Salt and ground black pepper

Reduced fat tasty cheese and thick wholegrain  
toast, to serve

1. Heat oil in a large saucepan over medium heat. Add onion, garlic and bacon and cook, stirring often, for 5 minutes. Add kumara and carrots and cook, stirring often, for 10 minutes.
2. Add stock, cover and bring to the boil. Reduce heat to medium-low, partially cover and simmer, stirring occasionally, for 25–30 minutes or until vegetables are tender.
3. Blend or process soup until smooth. Heat soup over medium-low heat until hot. Season with salt and pepper to taste. Ladle into mugs or large cups, sprinkle with cheese (and some extra crisp bacon if liked) and serve with toast.

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### Kumara

- Provides slowly digested carbohydrate, making it a useful vegetable for those with diabetes.
- Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.
- A very good source of vitamin C, one of the anti-infection vitamins.
- A top rating vegetable for vitamin E, which is important to keep all cell membranes healthy.

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