



**LIMIT
'SOMETIMES'
FOODS**

Soup Fundraising Recipes

Pumpkin Soup

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Olive oil	1 tablespoon	2 1/2 tablespoons	5 tablespoons	10 tablespoons
Fresh pumpkin (chopped)	1 kilogram	2.5 kilograms	5 kilograms	10 kilograms
Brown onion (diced)	2	5	10	20
Garlic (crushed)	2 cloves OR 2 teaspoons	5 cloves OR 5 teaspoons	10 cloves OR 2 1/2 tablespoons	20 cloves OR 5 tablespoons
Ginger (sliced thinly)	1 teaspoon	2 1/2 teaspoons	5 teaspoons	2 1/2 tablespoons
Celery sticks (chopped)	1	2 1/2	5	10
Potato (peeled and chopped)	2	5	10	20
Stock (vegetable or chicken)	3 litres	7 1/2 litres	15 litres	30 litres
Pepper and salt	To taste	To taste	To taste	To taste

Method:

- Heat the oil in a large pot and add the onions, garlic, ginger and celery.
- Stir gently until they are lightly cooked and the onions are fragrant.
- Add the potato, pumpkin and stock.
- Bring to boil and simmer for 20-30 minutes.
- Once the vegetables are cooked through, use a stick blender to blend or transfer to a blender in batches.

Recipe notes:

- Soup can be thinned by adding more stock or milk. This will change the number of serves made. Thickness of soup will depend on the amount of liquid and the type of pumpkin you use.
- If you want your soup to have a richer flavour, bake the pumpkin instead of boiling it.
- The soup can be garnished with low fat yoghurt and chopped parsley.
- Add a touch of curry powder to the soup to enrich the flavour.



**LIMIT
'SOMETIMES'
FOODS**

Chicken Noodle Soup

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Olive oil	1 tablespoon	2 1/2 tablespoons	5 tablespoons	10 tablespoons
Skinless, boneless chicken thighs (diced)	250 grams	625 grams	1.25 kilograms	2.5 kilograms
Brown onion (diced)	1/2	1 1/2	3	6
Frozen mixed vegetables	250 grams	625 grams	1.25 kilograms	2.5 kilograms
Fresh ginger (peeled and grated)	1 1/2 centimetres	4 centimetres	8 centimetres	16 centimetres
Garlic (crushed)	2 cloves OR 2 teaspoons	5 cloves OR 5 teaspoons	10 cloves OR 2 1/2 tablespoons	20 cloves OR 5 tablespoons
Vermicelli noodles	125 grams	320 grams	440 grams	880 grams
Chicken stock	1 1/2 litres	4 litres	8 litres	16 litres
Cornflour	1 tablespoon	2 1/4 tablespoons	4 1/2 tablespoons	9 tablespoons
Water	1/4 cup	1/2 cup	1 cup	2 cups
Coriander or parsley (chopped finely)	2 tablespoons	5 tablespoons	10 tablespoons	20 tablespoons

Method:

- Heat the oil in a large pot and add the onions and chicken.
- Cook until the onions are fragrant and the chicken is starting to change colour.
- Add the ginger, garlic and chicken stock.
- Bring to the boil and simmer for 30 minutes.
- Add the noodles and cook for two minutes.
- Mix the cornflour together with water and gradually add it to the soup, stirring constantly. Bring the soup back to the boil. It should look a little thicker.
- Reduce the heat and check the soup's thickness. If needed, add some more stock to thin the soup out. If it needs more thickening, add more cornflour and water.
- Serve topped with finely chopped herbs.

Recipe notes:

- To make the recipe vegetarian, you could add tofu or a chopped omelette in place of the chicken (and check that the stock is vegetarian-friendly).
- Add fish sauce or a reduced-salt soy sauce for a deeper flavour.



**LIMIT
'SOMETIMES'
FOODS**

Creamy Chicken and Corn Soup

Ingredients	10 Serves	25 Serves	50 Serves	100 Serves
Chicken Stock	1.5 litres	4.25 litres	8.5 litres	17 litres
Dry pasta (small shapes work best)	70 grams	165 grams	330 grams	660 grams
Cooked chicken, finely chopped	260 grams	650 grams	1.3 kilograms	2.6 kilograms
Tinned creamed corn	1 cup	2 1/2 cups	5 cups	10 cups
Parsley (chopped finely)	2 tablespoons	5 tablespoons	10 tablespoons	20 tablespoons

Method:

- Place the stock and pasta in a large pot and cover until it comes to the boil. Simmer for 10-12 minutes, or until the pasta is tender.
- Add the chicken and corn to the pot and simmer for a further 5-10 minutes.
- Remove from the heat. Stir in the parsley and allow the soup to cool slightly.
- Use a stick blender to blend the soup, or transfer for a blender in batches.

Recipe notes:

- For more efficient cooking, use pre-cooked skinless chicken available from your local supplier.



**LIMIT
'SOMETIMES'
FOODS**

Basic Damper

This recipe should give you about 20 small pieces, or one large damper that pieces can be broken off.

Ingredients	Amount
Plain flour	500 grams
Bicarbonate soda	1 tablespoon
Salt	1 pinch
Water	1 1/4 cups

Method:

- Preheat the oven to 220°C and sprinkle a baking tray with flour.
- Add the dry ingredients to a large bowl.
- Add the water to the bowl and gently knead the dough to combine it.
- On the baking tray, shape the damper into one large ball or into smaller balls. Aim to make it around 4cm thick.
- Bake in the oven for 20-25 minutes.

Recipe notes:

- Add extras to the top of the dough for flavour. Try reduced-fat grated cheese or dried or fresh herbs.

Move Well Eat Well



**LIMIT
'SOMETIMES'
FOODS**

Pricing Example

To work out pricing for the recipes use the following simple model:

Ingredient cost + Packaging + Mark-up*

* The standard mark-up is usually 65% but is it up to you whether you increase or decrease this.

Divide the Mark up by the Number of Serves to get your profit per serve.

This is a Healthy Tasmania initiative