

## Corn Dip

### *Ingredients:*

- 1 x bottle corn relish
- 1 x 250ml container light sour cream

### *Method:*

1. Place cream in a medium bowl
2. Add corn relish and stir to combine
3. Spoon into serving dish and serve with water crackers or vege sticks

## Guacamole

### *Ingredients:*

- 1 large ripe avocado
- 1 large clove garlic
- $\frac{1}{2}$  teaspoon paprika
- 1 x 250ml container sour cream

### *Method:*

1. Peel garlic and avocado
2. Place avocado in a bowl and mash with a fork
3. Crush garlic and add to avocado
4. Stir cream through avocado mixture
5. Add paprika and stir through until all ingredients are combined
6. Spoon into serving dish and serve with water crackers or vege sticks

## Gherkin Dip

### *Ingredients:*

- 1 small jar gherkins
- 250gm cream cheese

### *Method:*

1. Place cream cheese in bowl and allow to soften at room temperature
2. Dice gherkins and add to softened cheese
3. Mix to combine
4. Spoon into serving dish and serve with water crackers or vege sticks

## Pumpkin Soup

### *Ingredients:*

$\frac{1}{2}$  large jap pumpkin  
1 onion  
1 medium potato  
250 ml chicken or vegetable stock  
1 clove garlic  
Salt  
Water

### *Method:*

1. Peel, deseed and dice pumpkin into large cubes
2. Peel and slice onion
3. Peel and dice potato
4. Peel and crush garlic
5. Place all ingredients in a large saucepan
6. Add stock, salt to taste, and enough water to cover vegetable
7. Bring to the boil and simmer until vegetables are tender
8. Remove from heat and carefully blend with a blender stick
9. Add more water to obtain a good consistency and return to heat to warm through
10. Serve in bowls with crusty bread and a teaspoon of yoghurt or sour cream if desired

## Potato and Leek Soup

### *Ingredients:*

1 large leek  
4 - 5 large potatoes  
250 ml chicken stock  
1 clove garlic  
Water  
Salt

### *Method:*

1. Slice leek lengthways down centre and wash well until dirt and grit is removed. Remove green head and dispose of
2. Peel potatoes and garlic
3. Dice potatoes and place in large saucepan
4. Crush garlic and add
5. Slice leek and add to other vegetables
6. Add stock, salt to taste, and enough water to cover vegetables
7. Bring to the boil and simmer until vegetables are tender
8. Remove from heat
9. Place small amounts in a blender or food processor and process until smooth
10. Return to pan
11. Add more water to obtain a good consistency and return to heat to warm through
12. Serve in bowls with crusty bread and a teaspoon of yoghurt or sour cream if desired

## Minestrone

### *Ingredients:*

1 onion  
1 clove garlic  
1 carrot  
1 large stick celery  
1 potato  
1 tablespoon oil  
Salt  
2 tablespoons tomato paste  
1 tin diced tomatoes  
1 tin red kidney beans  
1 tin butter beans  
 $\frac{1}{2}$  cup pasta shapes  
1 cup chicken or vegetable stock  
Water

### *Method:*

1. Slowly heat oil in saucepan
2. Peel and slice onion, garlic and carrot and place in saucepan
3. Slice celery and add to other vegetables
4. Peel and dice potato and add, stirring lightly.
5. Add salt, tinned tomatoes, tomato paste, pasta and stock and stir to combine
6. Add enough water to cover all ingredients and bring to the boil
7. Reduce heat and simmer for 10 minutes or until vegetables and pasta are tender
8. Drain beans and add to soup
9. Stir through to combine
10. Serve in bowls with crusty bread and a teaspoon of yoghurt or sour cream if desired