

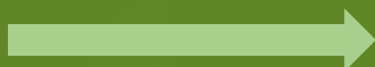
Main
Meal

BUGLETS' EDGY VEGGIE SOUP

When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



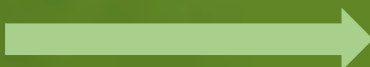
Sweet potato =
Bashy Bug's Double Bass



Carrot =
Grubmarine



Pepper =
Super Duper Scooper



Ingredients

- 2 medium sweet potatoes
- 2 red onions
- 1 pepper
- 3-4 large carrots
- 1 large head of garlic
- 2 tbsp of olive oil
- 1 can butter beans
- 1 ½ vegetable stock cubes
- 600ml water

Method

1. Wash and slice all the vegetables, just removing the top of the head of garlic.
2. Place on a baking tray and drizzle olive oil over. Heat for 30mins at 180°.
3. Rinse butter beans and add to a saucepan of water with stock cubes and roasted vegetables.
4. Cook for 20mins with the lid on. Then whisk all the ingredients until smooth.
5. Serve with seeds on top and crusty sourdough bread.

Tip: Try tofu instead of beans.
Swap sourdough bread for home-made bread sticks.



Serves 4
60mins to prepare and cook
263 calories/serving
Vegetarian

This has
15g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 15g
Protein 11g
Carbohydrates 41g

PLANT-BASED
RULES OK!



Each 428g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1106kJ 263kcal	2.6g	0.5g	20g	1.7g
13%	4%	3%	22%	28%