

Main
Meal

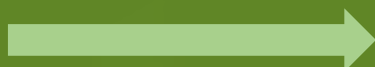


BUGLETS' EDGY VEGGIE SOUP

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 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 the 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 rolls.

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

This has
20g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 20g
Protein 11g
Carbohydrates 51g