



# Kai for the whānau

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Soups and stews





# Soups and stews



CELERY



PARSNIP



SWEET POTATO



BEANS



TOMATO



ONION



CARROT

## Tips for cooking soups and stews

1. With most soups and stews, you can use leftover veggies in your fridge.
2. For slow cooking, use cheap and tough cuts of meat such as gravy beef and skirt steak, just cut the fatty parts off first.
3. Always brown the meat first to build up some flavour.



# Boil up

Serves 4-6 | Prep time: 15 mins | Cook time: 1 hour 30 mins

## Ingredients:

- 1kg lean meat
- 2 carrots, cut into bite sized pieces
- 1 cup of potatoes and/or kumara, cut into bite sized pieces
- 1 cup of pumpkin, cut into bite sized pieces
- 1 onion, sliced
- 4 cups of watercress, puha or silver beet
- 2 cubes of beet stock
- 1 tbsp olive oil
- water

**Step 1**  
Prepare ingredients. Cut the carrots and potatoes into bite sized pieces. Dice the onion.



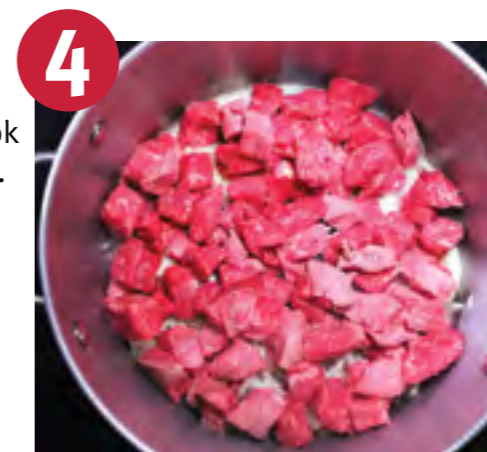
**Step 2**  
Wash watercress and roughly chop.



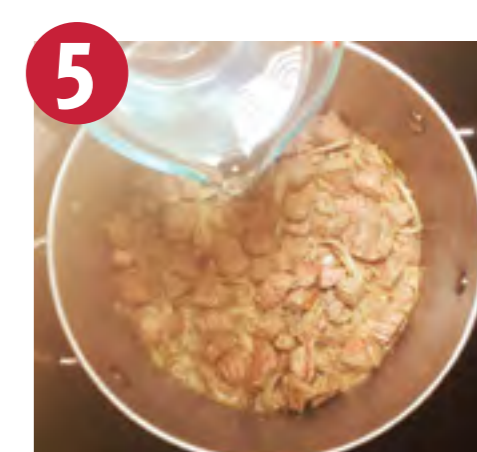
**Step 3**  
Cut the meat into bite sized pieces



**Step 4**  
Heat oil in a pan to medium heat. Add the meat and onions and cook for 5 minutes until brown.



**Step 5**  
Add the water and stock. Cook beef for 45 minutes or until tender.



**Step 6**  
Add the carrot, pumpkin, sweet potato and potato. Cook for a further 25 minutes.



**Step 7**  
Fold the watercress through and cook for 2 minutes.



**Step 8**  
Serve in a bowl.





# Chunky beef and veggie stew

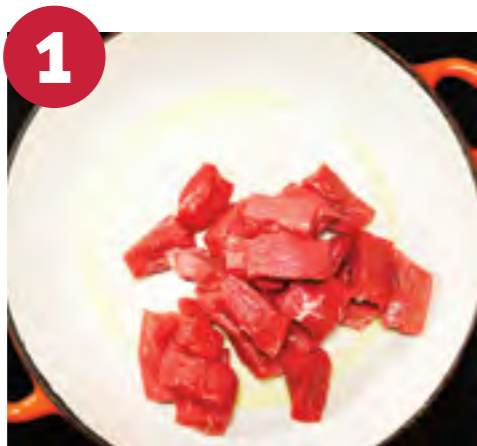
Serves 6 | Prep time: 20mins | Cook time: high heat 4-5 hours or 6-8 hours low heat

## Ingredients:

- 1kg chuck steak or gravy beef
- 1 tbsp olive oil
- 1 tbsp garlic
- 2 brown onions, diced
- 2 carrots, diced
- 3 potatoes, diced
- 3 celery stalks, chopped (keep leaves for garnish)
- ¼ pumpkin, diced
- 400g tinned tomatoes
- 1 tbsp tomato paste
- 2 beef stock cubes
- 1 tbsp mixed herbs.

## Step 1

Chop the chuck steak into bite size cubes. In a heated pan, add the olive oil and steak and cook until brown.



2

## Step 2

Add onion and garlic and cook until soft.



3

## Step 3

Add meat, onion and garlic mix to slow cooker. Begin adding chopped vegetables.



4

## Step 4

Add chopped carrots, pumpkin, celery and potatoes to slow cooker.



5

## Step 5

Mix stock cubes to 2 cups of hot water and pour over meat and vegetables.



6

## Step 6

Add tinned tomatoes, tomato paste, mixed herbs and stir.



7

## Step 7

Place on high heat for 4-5 hours or low heat for 6-8 hours.



8

## Step 8

Serve in bowl and garnish with celery leaf





# Kakaruk and silver beet soup

*Kakaruk refers to chicken in the Papua New Guinea (Tok Pisin) language*

Serves 4 | Prep time: 10 mins | Cook time: high heat 3 - 4 hours low heat 6 - 8 hours in slow cooker

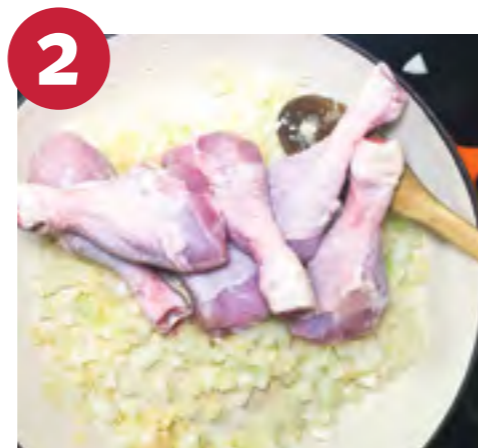
## Ingredients:

- 500g chicken legs
- 2 carrots, diced
- 2 celery stalks, sliced
- 2 bunches silverbeet, chopped
- 1 onion, sliced
- 3 potatoes, diced
- 2 vegetable stock cubes with 2 cups hot water
- 1 tbsp olive oil
- 1 tbsp garlic

**Step 1**  
Add diced onion and garlic to heated pan.



**Step 2**  
Add chicken legs to pan and stir in onion. Cook until onion has softened.



**Step 3**  
Cook chicken legs until brown.



**Step 4**  
Transfer contents of pan to slow cooker.



**Step 5**  
Add celery, carrots and potato.



**Step 6**  
Add stock made up with 2 cups hot water.



**Step 7**  
Cook on high for 3 - 4 hours or low for 6 - 8 hours. The meat should be tender when ready.



**Step 8**  
Add silverbeet at the end of the cooking process, stirring until it has wilted.



**Step 9**  
Serve in bowl.





# Stew it up!

Serves 4 | Prep time: 10 mins | Cook time: 2hrs

## Ingredients:

- 500g diced lean beef
- 2 carrots, chopped into bite sized pieces
- 3 potatoes, chopped into bite sized pieces
- 1 cup of mushrooms, sliced
- 1 onion, sliced
- 250g frozen peas
- 2 cubes of beef stock
- 1 can of diced tomato
- 2 tspns of dried Italian herbs
- 1 tbsp of olive oil
- 2 cups of water

### Step 1

Prepare ingredients. Chop the potatoes and carrots into bite sized pieces.



### Step 2

Slice the onions and mushrooms.



### Step 3

Heat oil in a pan to a medium heat and cook meat for 10 mins or until brown.



### Step 4

Turn heat down to medium. Add the onion and tomatoes and cook for 5 mins.

### Step 5

Mix stock and water and add to pan. Turn heat down to low, put the lid on and cook for 1 hour, or until the meat is tender.



### Step 6

Add the potatoes, carrots and herbs. Cook on low for another 45 minutes.

### Step 7

Add the mushrooms and peas and cook for another 10 minutes.



### Step 8

Serve alone or with a wholemeal bread roll.



# Mince supu

*Supu refers to soup in the Fijian language*  
 Serves 4-6 | Prep time: 10 mins | Cook time: 30 mins

## Ingredients:

- 500g lean beef mince
- 4 potatoes, diced
- 4 carrots, diced
- 2 cups of pele, watercress, spinach or silver beet
- 1 onion, diced
- 1 tbsp olive oil
- 2 cubes of beef stock
- Water
- Pepper to flavour

**Step 1**  
 Prepare ingredients.  
 Dice the potatoes and carrots



**Step 2**  
 Roughly chop the greens (silver beet in this recipe).



**Step 3**  
 Dice the onion



**Step 4**  
 Heat oil in a pan to a medium heat. Add onions until they are soft.



**Step 5**  
 Add the mince and cook for 10 minutes.



**Step 6**  
 Add enough water to the pan to cover the mince, followed by the carrots and potatoes.



**Step 7**  
 Add and mix in the stock cubes and cook for 10 mins.



**Step 8**  
 Add the greens and cook for 2-3 mins.



**Step 9**  
 Serve with brown or basmati rice, or with a wholegrain bread.