

Hold a soup lunch this Family Fast Day!

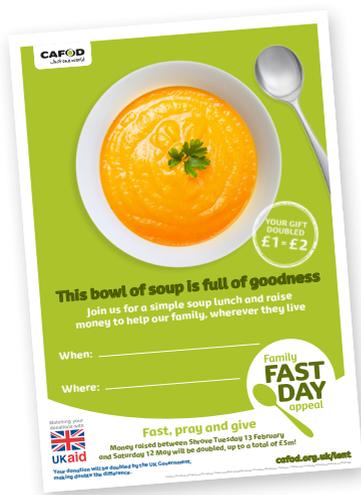
Join others in your parish for a simple soup lunch to raise money.

It's as easy as...

one... choose a venue – make sure it has enough space for everyone, plenty of bowls and spoons, and somewhere to heat your soup

two... recruit helpers – ask people to make soups, ideally with Fairtrade ingredients. Make sure your cooks are aware of food hygiene basics (see food.gov.uk) and label soups for people with allergies

three... invite friends and neighbours – download a poster at cafod.org.uk/fastday to display in your church or community centre, and put an announcement in your parish newsletter



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Soup recipe - bean and pasta soup

Ingredients:

- 2 *tbsp olive oil*
- 1 *finely chopped onion*
- 1 *peeled and chopped carrot*
- 3 *cloves of finely chopped garlic*
- 2 *bay leaves*
- 2 *sprigs thyme*
- 900ml *hot vegetable stock*
- 50g *small pasta*
- 1 x 400g *can chopped tomatoes*
- 1 x 400g *can drained butter beans*
- grated cheese and parsley to serve.*

Method: Heat the oil in a large saucepan and gently soften the onion, then add the carrot, garlic, bay leaves and thyme. Season, then cover and let the vegetables sweat for about 15 minutes over a low heat. Add the stock, and then when it is boiling add the pasta and simmer until tender – about 8 to 10 minutes. Add the tomatoes and beans, and simmer gently until it is all thoroughly heated. Remove the bay leaves and thyme. Ladle the soup into bowls and garnish with cheese and parsley.