

Cooking Soup with Eugene



New Directions: Maximising Independence



Name:



Date:

Ingredients:

- Mixed vegetables
- Salt and pepper
- Cajun seasoning
- Red onion
- Garlic
- Chicken stock
- Flour
- Butter

1. Peel and chop the onion and garlic. Then add to a pot



2. Add your mixed vegetables into the pot



3. Add some butter and flour now to the pot. This will help to thicken the soup



4. Now it is time to add salt, pepper and Cajun seasoning



5. Place on the heat and start mixing



6. Add the chicken stock to hot water, stir and add this to your pot



7. After 20 minutes, blend the soup and add to a bowl
Enjoy!



What type of vegetables will you add? Write or draw