



Soup Recipes / Sop Resepte

Soup Recipes - suggestion for 15 litres of soup / Sop Resepte – Voorstelle vir 15 liter sop

1.

You will need:

- 3 pkts soup mixture, mixed with 10 litres water (4 in 1 soup mixture)
- 3 pkts chopped bacon or soup bones
- 6 onions
- 9 Maggi Stock/beef extract blocks
- Maizena or soup powder
- salt and pepper

Method:

Fry bacon and onions and add soup mixture. Cook slowly for 2 hours. Add 9 beef extract blocks or 9 spoons Maggi stock (tomato and thyme). Thicken soup with soup powder or Maizena.

Jy benodig:

- 3 pakke sop mengsel, gemeng met 10 liter water (4-in-1 sop mengsel)
- 3 pakke spek (stukkies) of sop bene
- 6 uie
- Sout en peper
- 9 x blokkies beesvleis aftreksel / 9 x eetlepels van Maggi aftreksel (tamatie en tiemie)
- Maizena of Sop Poeier

Metode:

Braai die spek en uie en voeg sop mengsel by. Kook vir 2 ure. Voeg beesvleis aftreksel, of Maggi aftreksel by. Verdik sop met Maizena of sop poeier indien nodig.

2.

You will need:

- 1kg mince
- 8 chopped onions
- 5 tins tomatoes and onion
- 1 kg mixed vegetables (carrots/beans cauliflower/broccoli)
- 10 litres water and seasoning
- 1pkt broken spaghetti
- 6 tbsp. Bisto

Method:

Fry the onions and meat, and add other ingredients. Simmer for 2 hours and thicken with 3 pkts soup powder or 6 tbsp. of Bisto.

Jy benodig:

- 1 kg gemaalde beeslveis
- 8 gekapte uie
- 5 blikkies tamatie en uie
- 1 kg gemengde groente (wortels/boontjies/blomkool/broccoli)
- 10 liter water
- Sout en Peper
- 1 pak spaghetti (gebreek)
- Sop Poeier of Bisto

Metode:

Braai uie en gemaalde beesvlies, en voeg daarna alle ander bestandele by. Prut vir 2 ure. Indien nodig, verdik sop met 3 pakkies sop poeier of 6 eetlepel Bisto.

3.**You will need:**

- 15 soup bones
- 5 pkts brown beans mixture
- 8 onions
- 8 grated carrots
- 2 bunches chopped celery
- 3 tins tomato and onion mixture
- 8 beef extract blocks
- 10 litres water

Method:

Brown onions and add other ingredients. Simmer for 2 hours. Thicken with soup powder or Maizena.

Jy benodig:

- 15 sop bene
- 5 pakke gemengde bruin bone
- 8 uie
- 8 gerasperde wortels
- 2 bosse gekapte seldery
- 3 blikkies tamatie en uie
- 8 beesvlies aftreksel blokkies
- 10 liter water

Metode:

Braai uie tot bruin en voeg die res van die bestandele by. Prut vir 2 ure. Indine nodig, verdik sop met sop poeier of Maizena.

Pasta Recipe / Pasta Resep

Suggestions for pasta dishes / Voorstelle vir pasta disse

1.

You will need:

- 2 kg shell pasta
- 350-400g ham (bulldozed)/chicken breasts/tuna
- 20 tomatoes, cut into blocks
- 800g frozen peas
- 4 t salt
- 700ml Mayonnaise
- 700ml milk

Method:

Cook the pasta, rinse it, and put it aside to cool off. Cook your ham/chicken/tuna, and put it aside. Mix 800g of frozen peas into the pasta, to cool it off. Mix all other ingredients together and add a sauce to the mixture (made from the milk and Mayonnaise mixed together). For special occasions, blocks of cheese and pineapple can also be added to the mixture.

Jy benodig:

- 2 kg skulpies pasta
- 350 - 400g ham (bulldozed)/hoenderborsies/tuna
- 20 tamaties, opgesny in blokkies
- 800g bevrore ertjies
- 4t sout
- 700ml Mayonnaise
- 700ml melk

Metode:

Maak pasta gaar en spoel af. Sit eenkant om af te koel. Maak ham/hoender/tuna gaar en sit eenkant. Meng 800g bevrore ertjies in pasta, om dit af te koel. Meng alle bestandele bymekaar en voeg hierna 'n sous by (gemaak van melk en Mayonnaise wat saam geklits word). Vir spesiale geleenthede kan blokkies kaas en pynappel ook by die mengsel gevoeg word.