

# Cauldron Soup with Wizard Wands



## Method

1. Preheat oven to 190°C / gas mark 4-5
2. Put the beetroot, carrot chunks, onion and garlic into a roasting pan. Drizzle with olive oil, making sure to mix the vegetable chunks around so they are all covered.
3. Pop them into the oven to roast for 30 minutes. Ask your grown-up helper to remove the pan from the oven, because the oven will be hot, hot, hot.
4. Once roasted, carefully spoon the vegetables into a big saucepan and pour in the vegetable stock. Simmer for about 20 minutes.
5. Blend the soup using a soup stick or a blender. If you don't have a blender, you could either leave your soup chunky or use a potato masher. Be careful when blending not to splash any of the soup, as it may be hot.
6. Serve in bowls. You could also add a swirl of plain yoghurt, some magic chive sprinkles, carrot stars and a wave of your breadstick wand!

## Ingredients

- 4 medium beetroots, chopped
- 2 large carrots, peeled and chopped
- 1 medium onion, chopped finely
- 2 cloves garlic, crushed
- 500ml hot veg stock
- 1 tablespoon of olive oil
- A packet of bread sticks
- Optional - A tablespoon of plain yoghurt, a handful of chopped chives.