



# Creamy amasi baby marrow soup

**Prep:** 5 minutes

**Cook Time:** 20 minutes

**Serves:** 4

**Portion Serving Size:** 300g



## INGREDIENTS

3 cups (750 ml) vegetable stock  
 8 baby marrows (250 g), washed and cut into chunks  
 1 large garlic clove (3g), roughly chopped  
 ½ an onion (30 g), peeled and roughly chopped  
 Salt and pepper, to taste  
 2 handfuls (50 g) of baby spinach, washed  
 1 cup (250 ml) amasi/maas

A drizzle of olive oil, to serve (10 ml)  
 Grated Parmesan, to serve (20 g)  
 Crusty bread, to serve



## METHOD

1. Place the vegetable stock, baby marrow, garlic and onion in a large saucepan and simmer until the baby marrow and onion are tender. Season with salt and pepper to taste.
2. Remove the soup from the heat and add the baby spinach, cover with a lid for 5 minutes.
3. Add the soup to a blender and blend for 1 minute. Add the amasi/maas and blend again to form a smooth and creamy soup.
4. Divide into bowls, drizzle with olive oil and scatter with Parmesan. Serve with crusty bread.

## Nutrition Facts

Serving size: 300 g

Energy (kJ)	475
Protein (g)	4.7
Total Carbohydrates (g)	12.4
Fat (g)	5
Fibre	1.1
Calcium (mg)	138



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