

## Broccoli and Leek Soup

Makes a 4 litre pot, about 10 portions, adjust accordingly.  
It freezes really well.

1 large onion finely chopped  
1 clove garlic finely chopped  
3 heads of broccoli finely chopped, including some of the soft stem  
3 large leeks finely chopped  
1 medium carrot, finely chopped or grated

### Spices:

ground black pepper 1/2 tsp

grated nutmeg a pinch  
turmeric powder a pinch  
mild paprika 1/2 tsp  
celery salt 1 tsp

5 Kallo organic vegetable stock cubes

### Method:

Fry the onion garlic and leek, in a tablespoon of (rapeseed) oil until beginning to brown.

Add the carrot and water to  $\frac{3}{4}$  fill the pan.

Add the stock cubes and the spices.

Simmer for 35 minutes or until the vegetables are soft.

Blend to the consistency of your choice, I blend half and mash the rest, to make small chunks in a fairly thick soup.

Add boiling water to top up the pot.

