

Golden Vegetable Soup

Makes a 4 litre pot, about 10 portions, adjust accordingly.

1 large onion
2 leeks
½ celery head
4 medium carrots
4 medium potatoes

(I aim to have equal quantities of the above, cut into 1-2 cm pieces.
You can vary the proportions to suit your taste)

approx. two handfuls of red lentils

Spices:

ground black pepper ½ tsp

grated nutmeg a pinch
turmeric powder a pinch
mild paprika a pinch

5 Kallo organic vegetable stock cubes

Method

Fry the onion, celery, leek and pepper in about a tablespoon of (rapeseed) oil, until beginning to brown nicely.

Add the other chopped vegetables, lentils and water to ¾ fill the pan.

Add the stock cubes and the remaining spices.

Simmer for 35 minutes until the vegetables are soft, watch it doesn't stick.

Blend to your chosen consistency, (I generally blend half of it) adding water if required.

