



Simple vegetable broth

A little soup mix goes a long way in this recipe



SERVES: 4

PREPPING TIME: 10-15 MIN

COOKING TIME: 50-60 MIN

INGREDIENTS

- 125 grams / 1/2 mug soup mix
- 1 large onion chopped
- 2 large carrots carrots, diced
- (or 1 tin of carrots)
- 1-2 sticks celery, diced
- 1 tablespoon oil
- 1 teaspoon black pepper
- 1-2 teaspoon herbs
- 1.25 litres (4 mugs) stock made with 2-3 stock cubes
- 100 grams (1 mug) chopped kale, spinach or parsley

DIRECTIONS

1. Rinse the soup mix & soak in water for 8 hours / overnight. Drain & rinse.
2. Chop the onion, dice the carrots & celery.
3. Heat the oil in a large pan & add the chopped onion, fry for 2 minutes.
4. Add the celery & carrots, fry for 5 minutes. Add in the herbs & pepper.
5. Add the soup mix & vegetable stock, bring to the boil then simmer for 40 minutes / until pulses are soft.
6. Add the kale & leave to cook in the heat of the soup for 10 minutes.

TIP - You can use other vegetables such as leek, swede or turnip.

Step-by-step

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