

A Vegetable Soup

A good way to eat less, especially when it is tempting during chilly days and evenings! Freeze in single portions (you decide on the portion!)

Great with a salad roll; fill a warmed roll with salad greens, green pepper, avocado, hummus, grated carrot, a couple of chopped olives, finely sliced onion, cucumber and tomato and you have a meal made in heaven, even on a freezing day. The freshness of the crisp salad with a warm crusty roll will have you hooked.

1 medium onion chopped
2 large celery stalks with leaves, thinly sliced
1 Tbs olive oil
4 crushed cloves garlic
1 red pepper, finely diced
1 finely sliced carrot (or chopped pumpkin or butternut if you prefer)
1 heaped Tbs sweet paprika (try smoked paprika for a delicious change)
3 tsp turmeric
½ tsp cinnamon
A bay leaf
A splash or two of Tabasco or hot sauce of your choice or use 'hot' anchovy-free Worcestershire sauce
1 tin chopped tomatoes, or crush a tin of whole Italian tomatoes
1 large leaf of spinach or other dark leafy green produce, to make about 1 ½ cups, rolled up and thinly sliced
Himalayan salt and freshly ground pepper to season
5 cups of veg broth or stock (use a level Tbs Marmite, if desired)

Sweat the onion and celery in the oil, in a large pot for five to ten minutes on a low heat to allow the sweetness of the onion to develop.

Add the garlic as you increase the heat to a medium temperature. After stirring for a minute, add the carrots and peppers and then the spices Stir and cook for a minute or so more.

Add tomatoes and stock and simmer for around fifteen minutes. Add the spinach and allow to wilt. Check the seasoning. You can remove the bay leaf and blend the soup or blend half smooth and leave half chunky, or serve as it. It'll make about 8 cups.