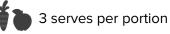
Winter Vegetable Soup

Serves: 8 Prep time: 20 minutes Cook time: 25 minutes



Ingredients

1 tablespoon olive oil 2 cups sweet potato, peeled, diced 2 carrots, diced 1/2 swede, diced 1 parsnip, diced 3 stalks celery, diced 1 large brown onion, diced 2 cloves garlic, crushed 2 x 440g cans crushed tomatoes 1/2 cup yellow lentils 1/2 cup blue or green lentils $\frac{1}{2}$ cup barley 1L vegetable stock 1L water Flat leaf parsley, to serve Fresh thyme, to serve



Everyday Food

Method

HEAT oil in a heavy based soup pot over medium heat.

SAUTE potato, carrot, swede, parsnip, celery, onion and garlic until onion is just transparent. COMBINE tomatoes, lentils and barley into vegetable mixture, adding stock and water. BRING to the boil and then reduce heat, simmering for about 20 minutes or until lentils and barley are cooked.

SERVE with a sprinkle of fresh parsley and thyme and a slice of wholemeal bread.

Recipe courtesy of the Country Kitchens team

