

Winter Vegetable Soup

Serves: 8

Prep time: 20 minutes

Cook time: 25 minutes



3 serves per portion

Ingredients

1 tablespoon olive oil
2 cups sweet potato, peeled, diced
2 carrots, diced
½ swede, diced
1 parsnip, diced
3 stalks celery, diced
1 large brown onion, diced
2 cloves garlic, crushed
2 x 440g cans crushed tomatoes
½ cup yellow lentils
½ cup blue or green lentils
½ cup barley
1L vegetable stock
1L water
Flat leaf parsley, to serve
Fresh thyme, to serve

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.



Everyday Food

Recipe courtesy of the Country Kitchens team