



## **AUTUMN VEGETABLE SOUP (SERVES 10)**

### **INGREDIENTS:**

- **2 tsp olive oil**
- **1 tbsp garlic puree**
- **2 medium onions, diced**
- **4 medium carrots, chopped**
- **2 parsnips, peeled and chopped**
- **1 whole swede, peeled and chopped**
- **1 whole celeriac, peeled and chopped**
- **1 butternut squash, peeled and chopped**
- **2 tbsp dried herbs**
- **2 tsp mace or nutmeg**
- **500g yellow split peas**
- **2l vegetable stock**

### **INSTRUCTIONS:**

- put a large saucepan over a medium heat and add the oil. add the onion and garlic paste and saute for about 5 minutes.
- add in the mace and dried herbs and cook for a further 2-3 minutes.
- gradually add the veg to the pan, stirring as you go.
- add the yellow split peas and stock and bring up to the boil. cook for 45 minutes. the veg will be soft and the split peas cooked.
- at this point you can either blend until smooth or if you like it with some texture remove a third of the soup from the pan, blend and then add the chunky stuff back in.

**230 cals 14g P 37g C 2g F**