



SPICED PARSNIP & BUTTERBEAN SOUP

SERVES 10

INGREDIENTS:

- 1 large onion, chopped
- 2 large carrots, chopped
- 4 celery sticks, chopped
- 1.5kg parsnips, peeled and chopped
- 4 cloves garlic, crushed
- thumb size piece of ginger, grated
- 1 tbsp olive oil
- 2 tsp, baharat spice
- 500g dried butterbeans, soaked overnight and skins removed if you have the time and patience

INSTRUCTIONS:

- in a large pan, heat the oil over a medium heat and add the onion, carrots and celery. sweat down for around 8-10 minutes
- add in the garlic and ginger and cook for a further 2 minutes.
- added in the parsnips, butterbeans and baharat and stir well.
- add in 1.5l water and bring up to the boil and simmer for around 30 minutes.
- check that the vegetables are soft and remove from the heat.
- Allow the soup to cool before blending until smooth.
- check and season according to taste.

280 cals 13g P 46g C 4g F