

TOMATO & BEAN SOUP WITH NOODLES (makes 6 portions)

1.5 cup **cannellini beans**

¼ cup **pearl barley**

½ tsp **ginger**

1 tsp **turmeric powder**

1 tsp **marjoram**

2 tsp **smoked paprika**

½ tsp **rosemary**

1 tsp **sage**

1 tsp **thyme**

1 **bay leaf**

1 tsp **mustard seeds**

1 **juniper berry**

½ tsp of **cayenne pepper**

1 **onion**

4 **garlic cloves**

2 **chillies**

thumb **ginger**

1 **beetroot**, cut into small cubes

2 large **carrots**, cut into bite-size chunks

1 large **sweet potato**

180 g **curly kale**

2 tins **tomatoes**

1 ltr **vegetable stock** (to include water from cooking beans)

2 tbsp **tomato puree**

400 g **mushrooms**, cut into bite-size chunks

noodles (40 g per serving)

Soak the **beans** and **pearl barley** overnight, then pressure cook them for 8-10 mins, until done, saving the water for the stock.

Fry the **spices** for a few minutes.

Add the **onion, garlic, chillies** and **ginger** and cook until soft (add water if necessary to prevent sticking).

Add the **beetroot, carrot, sweet potato** and **curly kale** cooking for a few minutes.

Add the **tomatoes**.

Add the **puree** and **stock**, bring to the boil and cook covered for 10 minutes. Remove the bay leaf.

Take out 1/3 of the soup and liquidise.

Return it to the wok and add the **mushrooms**, bring to the boil and cook covered for 5 mins.

Add the **beans and pearl barley**, cook covered for a further 5 mins. Turn off the heat.

Boil sufficient **noodles** in a separate pan (4 mins) then drain and mix into the plated soup.