

HEARTY LENTIL, BUTTER BEAN & GREENS SOUP (makes 6 portions)

½ cup butter beans (soaked & pressure cooked for 15 mins, then the lentils added for a further 3 mins, saving the water for stock)

½ cup green or brown lentils (soaked)

8 curry leaves

2 tsp cumin seeds

1 tsp turmeric

1 tsp smoked paprika

1 tsp coriander

½ tsp mint

½ tsp thyme

1 tsp mustard

½ tsp cayenne pepper

1 onion

4 cloves of garlic

thumb ginger

1 chilli

150 g carrot

450 g potatoes (or 1 ordinary + 1 sweet potato)

1 red pepper

180 g curly kale

200 g cavolo nero

400 g mushrooms

500 ml passata

700-900 ml stock (bean & lentil water + 1 dsp tamari + 1 dsp miso + 1 dsp apple cider vinegar + 1 tsp sweetner (eg agave syrup) + water)

3 cardamom pods (sliced open)

Sauté the spices until fragrant.

Add **onion, garlic, ginger** and **chilli** until soft. Prevent sticking by adding tiny amounts of stock.

Add **carrot, potatoes** and **red pepper**. Stir fry for a few minutes.

Add **mushrooms**.

Add **greens**.

Add **beans & lentils**.

Add **passata**.

Add rest of **stock** and cardamom pods, bring to the boil and cover, simmering on lowest heat for 20 mins.

Allow to rest for 15 mins and remove cardamom pods before blending 1/3.