

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.