

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

½ cup **butter beans** (soaked & pressure cooked for 20 mins, then the lentils added for a further 3 mins or until beans are tender, saving the water for the 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

2 large carrots

900 g potatoes (ordinary + sweet potato)

1 red pepper

180 g curly kale

200 g cavolo nero

400 g mushrooms

¼ cup pearl barley

500 ml passata

1 tbsp puree

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 spices on lowest heat until fragrant (5-10 mins).

Add **onion, garlic, ginger** and **chilli**, frying until soft. To prevent sticking add tiny amounts of stock.

Increase heat and add **potatoes, carrot** and **red pepper**, stirring each for a few minutes before adding the next. Use some stock if necessary.

Add **mushrooms**.

Add **greens**.

When they have started to wilt add **beans & lentils** and **pearl barley**.

Add **passata** and **puree**.

Add **stock** and **cardamom pods**, enough to fill the wok, cover and bring to the boil, then simmer on lowest heat for 20 mins, stirring regularly.
Allow to rest for 15 mins then remove **cardamom pods** and blend 1/3 of the total.
Reheat and serve.