

PAULINE'S HEARTY SWEET POTATO SOUP (makes 6-8 portions)

1 **onion**
6 **garlic cloves**
1 **chilli**
1 dsp **miso**
1 tsp **parsley**
small piece of **ginger**
black pepper

1 cup **red lentils**
¼ cup **pearl barley**
1 tbsp **tamari**
¼ cup **apple cider vinegar**

1.2 ltrs **stock**

1 large **potato**
3 kg **sweet potatoes**
4 **carrots**
head of **broccoli**
200 g **cavolo nero**
60 g fresh **coriander leaves**

1 tin **red kidney beans** (rinsed) or ½ cup dried (soaked overnight & pressure cooked for 12 mins)

Sauté **onion, garlic, chilli, miso** and **spices**.

Add **lentil, pearl barley, tamari** and **apple cider vinegar**.

Add **stock**.

Add **veg**.

Cook until tender.

Blend ¾.

Add **beans** and reheat.