

SMOKY BUTTERBEAN & ORZO SOUP (makes 6 portions)

400 ml **sour cream** (see recipe below)

1 cup **butter beans** (soaked overnight then pressure cooked for 20-30 mins, saving the **aguafaba**)

3 tsp **smoked sweet paprika** or 1 tsp **smoked hot paprika**

1 **onion**

4 **garlic cloves**

1 **chilli**

thumb of **ginger**

1 red **pepper**

350 g **beetroot** (grated)

1 large **potato** (grated)

1 kg **sweet potato** (grated)

160 g **curly kale**

150 g **cavolo nero**

125 g **baby spinach**

2 sticks of **celery**

500 ml **passata**

1200 ml **stock** (1 tbsp **miso** + 3 tbsp **apple cider vinegar** + 1 tsp **sweetener** + **aguafaba**)

3/4 cup **orzo**

1/4 cup **pearl barley**

Make the **sour cream** and refrigerate in a sealed jar.

Heat the **smoked paprika** in oil, and when bubbling add the **onion, garlic, chilli, ginger** and **red pepper**. Saute until soft/ caramelised.

Stir in the **beetroot, potato, sweet potato, curly kale, cavolo nero, spinach** and **celery**. Mix well.

When the leafy material starts to go limp add the **passata**, then turn off the heat and liquidise, using the **stock** as necessary.

Return everything to the wok and add any remaining stock, plus **beans, orzo** and **pearl barley**.

Cover, bring to the boil, then turn the heat down and simmer for 20-30 minutes.

Serve with a drizzle of **sour cream** and croutons.

sour cream recipe

1 cup **cashews** (soaked overnight)

1.5 tbsp **lemon juice** (add more if necessary)

1.5 dsp **apple cider vinegar**

1 tsp **mustard**

1.5 tbsp **olive oil**

Blend together, adding water as necessary, until thick and smooth.