

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

1 dsp **miso**
1 tsp **parsley**
black pepper

1 **onion**
6 **garlic** cloves
1 **chilli**
60 g fresh **coriander** leaves
small piece of **ginger**

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

1 large **potato**
1.5 kg **sweet potatoes**
3 large **carrots**
head of **broccoli**
200 g **cavolo nero**

+/- 1200 ml **stock** (or 500 ml **passata** + 1 dsp **yeast extract** + hot **water**)

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

Sauté the **parsley**, **miso** and **black pepper** for 2-3 mins, then add **onion**, **garlic**, **chilli**, **coriander** and **ginger**. Cook until softening.

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

Add **veg**.

Add enough **stock** to cover the veg, cover, bring to the boil and simmer until everything is tender (15-20 mins).

Blend ¾.

Add **beans** and reheat.