

TOMATO & BEAN SOUP WITH NOODLES (makes 6 portions)

400 g **mushrooms**, cut into bite-size chunks

1.5 cup **cannellini beans** (soaked overnight, pressure cooked for 10-12 mins, save the aguafaba)

½ tsp **ginger**

1 tsp **turmeric powder**

1 tsp **marjoram**

1.5 tsp **smoked hot paprika** (best quality)

½ tsp **rosemary**

1 tsp **sage**

1 tsp **thyme**

1 **bay leaf**

1 tsp **mustard seeds**

1 **juniper berry**

½ tsp of **cayenne pepper**

1 **onion**

4 **garlic cloves**

2 **chillies**

thumb **ginger**

1 **beetroot**, cut into small cubes

2 large **carrots**, cut into bite-size chunks

1 large **sweet potato**

180 g **curly kale**

2 tins **tomatoes**

1.2 ltr **vegetable stock** (to include **aguafaba** from cooking beans + 1 dsp **miso** + 1 tbs **tamari** + 1.5 dsp **apple cider vinegar** + 1 tsp **sweetner** – eg agave syrup)

2 tbs **tomato puree**

¼ cup **pearl barley**

noodles (40 g per serving)

Sauté the mushrooms without oil until softening, then save to a bowl.

Sauté the **spices** for a few minutes, until their aroma is released, then add the **onion, garlic, chillies** and **ginger**. Cook until soft (adding water if necessary to prevent sticking).

Add the **beetroot, carrot, sweet potato** and **curly kale** cooking for a few minutes.

Add the **tomatoes**.

Add the **stock, puree**, and **pearl barley**, cover and bring to the boil, then lower the heat and simmer until the veg is tender (15-20 mins).

Remove the bay leaf.

Add the **beans**.

Allow to cool slightly then liquidise 1/3 of the soup.

Add the **mushrooms**, cover, bring to the boil and cook covered for 5 mins.

Boil the **noodles** in a separate pan (4 mins), drain and serve with the soup.

