

Country-Style Creamed Vegetable Soup

Recipe

Ingredients

- 1 Tbsp. olive oil
- 1 Large fresh onion, diced
- 2 Cloves garlic, crushed
- ¾ Tsp ginger, crushed
- ½ Tsp curry powder
- 2 Cups dried yellow split peas, rinsed
- 2 Medium zucchini, sliced
- 2/3 Cup button mushroom, sliced
- 2 Medium carrots, diced
- 3 Celery sticks, diced
- 1 Tsp vegetarian stock powder
- 2 Cups (500ml) Water
- ½ Cup cooking cream

Instructions

Heat olive oil in a large saucepan, add onion and garlic and sauté until translucent. Add ginger and curry paste and cook on low heat for 8 minutes.

Stir in split peas until well coated, then add zucchini, carrot, mushroom, and celery. Cook for 2 minutes, stirring occasionally.

Mix water and stock powder until dissolved, then pour over the vegetable mixture and bring to the boil.

Reduce heat and simmer for one hour.

Allow to cool slightly, then blend with a hand-held blender until smooth.

Stir in cream and gently heat until warmed through.

Makes 6 serves.

Gluten free, Nut free.