

North African Inspired Soup



Minutes to Prepare: 30 Number of Servings: 4

Minutes to Cook: 35

Ingredients:

- 1 onion
 - 1 clove garlic
 - 1 bay leaf
 - 1 litre water
 - 2 carrots
 - ½ swede or 2 turnips
 - 2-4 branches celery-or one celery heart
 - 1 leek (optional)
 - 2 tablespoons tomato puree
 - 1 courgette (optional)
 - 1 drained tin chickpea in water preferably
 - 3 tablespoons sultanas (optional)
 - Salt & pepper
 - 1 tablespoon olive oil
 - 1 tablespoon coriander or parsley
- Special ingredient:**
- 1 tsp-or more Ras el Hanout (Morrocan spice) Moroccan spice

Suggestion:

Serve with either:

- steamed couscous with toasted sunflower or/& pumpkin seeds,
- quinoa with toasted sunflower or/& pumpkin seeds,
- flat or crusty bread.

Method:

1. Chop all the vegetables in bitesize pieces.
2. In a large pot put 1 litre water
3. Add a bay leaf.
4. Add the onion, and garlic.
5. Bring to the boil to start the stock.
6. Add carrot, swede, celery, leek,
7. Add the tomato puree,
8. Simmer for 15-20 minutes
9. Add the and the spices + Add the courgette if using
10. Add the sultanas. and the chickpeas.
11. Cook another 15 minutes until the courgettes are cooked and the chick peas and sultanas are warmed through.
12. Sprinkle with chopped herbs to serve