

## Vegetable Soup



Olive oil  
2 cloves garlic, finely chopped  
½ inch of fresh ginger root, finely chopped  
1 leek, sliced  
½ fennel bulb, but into chunks (optional)  
Shredded white cabbage (optional)  
1 stalk celery, chopped (optional)  
1 large carrot, diced  
1 large parsnip, diced  
½ cup butternut squash, diced  
½ cup red lentils  
1 yeast-free vegetable stock cube  
Coriander (cilantro) or parsley, finely chopped  
Fresh ground black pepper (optional)

- Use a heavy based pot with lid.
- Heat oil (low heat – oil must not reach steam point).
- Add ginger, garlic, leek, and (fennel/cabbage) and cook for 1 minute.
- Add carrot, parsnip, butternut squash, celery, lentils and stock.
- Bring to boil then cover tightly and simmer for 15 minutes, stirring occasionally.
- Turn off heat and leave on stove for a few minutes.
- Blend and return to pot.
- Stir in coriander/parsley.
- Add pepper if required.