

## Winter Seasonal Soup

Vegetable soups are perfect for making the most of what is in season and using up what's in the cupboard.

At this time of year there's nothing better than hearty, warming soups made with a variety of delicious late winter vegetables.

In this soup the base of onion and carrots is enhanced with various root veg. Over the winter root veg are at their best. This is where the plant stores all its energy to regrow the following year.

This means that the roots like carrots, parsnip, swede, potatoes etc. are all packed full of nutrients. You could add early nettle leaves to this vegetable soup as they will start to grow as the days lengthen.

### Ingredients – serves 4

- 3 large garlic cloves, chopped
- 1 large onion
- 2 carrots, diced
- 2 parsnips, diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 200g dried red lentils
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 1 tbsp vegetable bouillon powder / stock cube
- 1 heaped tsp ground coriander
- 1 heaped tsp ground paprika
- 1 tsp ground cumin
- Salt and pepper



# Method

1. Chop all the vegetables.
2. Fry the garlic and onion until brown.
3. Fry the vegetables (carrots, parsnips, celery, leeks) until softened.
4. Add the rest of the ingredients (lentils, tomato puree, thyme leaves, vegetable stock, coriander, paprika, cumin, salt and pepper).
5. Pour over 1.2 litres boiling water from the kettle, then stir well.
6. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
7. Ladle into bowls and eat straightaway. Serve with chunks of crusty bread.
8. As you like it:  
Use milk instead of half of the boiled water if you prefer a creamy soup.  
Blend the soup with a hand blender if you prefer a smooth soup.

**Here is a list of fruits and vegetables which are in season during the late winter in the UK.**

- Beetroot
- Brussels Sprouts
- Cauliflower
- Celery
- Celeriac
- Cabbage
- Field mushrooms
- Kale
- Leeks
- Parsnips
- Potatoes
- Shallots
- Onions
- Swede
- Turnips
- Carrots - stored over winter



**Wild at Heart**  
Be wild, whatever your age

