

Spicy carrot and parsnip

This soup is cheap to make, very low fat and great source of fibre, vitamin C, vitamin K, and folate

Ingredients

- 1 carrot chopped
- 1 parsnip chopped
- 1/2 red onion chopped
- 1/2 teaspoon curry powder
- 200ml vegetable stock made from 1/2 stockpot or 1/2 stock cube.

Instructions

1. Start by chopping up your vegetables. put all the ingredients into the soup maker
2. add the curry powder
3. make up 200ml of stock by either using your own stock or making up 1/2 stock cube or 1/2 stockpot. Chicken stock will also work for this recipe
4. Replace the lid and switch on the power. The machine will beep and flash until the lid is aligned correctly
5. The machine will automatically settle on the smooth program. Press the start button
6. The machine will gently cook the ingredients. After several minutes it will start to blend the soup until smooth
7. Do not interrupt the cooking until the program has finished. The machine will beep 3 times when the program is finished

