



Quick vegetable soup with Pink Lady® apples

Serves 6 (1.5 litres)



Created by : Recipe adapted by Heleen Meyer from the Cooking from the heart recipe book series, developed by Pharma Dynamics.

Ingredients:

- ♥ 15 ml (1 tbsp) olive or avocado oil
- ♥ 1 onion, finely chopped
- ♥ 2 celery stalks, chopped
- ♥ 2 baby marrows, cubed
- ♥ 1 sweet potato with the skin, coarsely grated
- ♥ 2 Pink Lady® apples with the skin, coarsely grated
- ♥ 1 litre (4 cups) water
- ♥ 1 x 410 g tin butter beans, drained
- ♥ 2,5 ml (½ tsp) salt
- ♥ 5 ml (1 tsp) dried thyme
- ♥ 100 g broccoli, cut into florets
- ♥ 2 spinach leaves, shredded
- ♥ 5 ml (1 tsp) prepared mustard
- ♥ lemon juice and black pepper to taste
- ♥ 30 ml (2 tbsp) chopped fresh parsley

Method:

1. Heat oil in a large pot over a medium heat. Fry onion until soft and add celery and baby marrows. Fry for a few more minutes and add sweet potato, apples, water, beans, salt and thyme.
2. Cover with a lid and simmer for 15-20 minutes or until the sweet potato and apples are cooked.
3. Add broccoli, spinach and mustard and season with lemon juice and pepper. Simmer for another 10 minutes or until the broccoli is just cooked. Blend with a hand blender until smooth or to your family's preference. Or mash with a potato masher to make a chunkier soup.
4. Season with more lemon juice and pepper, if required. Stir in the parsley and serve hot.

Chef's Tip :

1. Serve soup with a dollop of plain low-fat yoghurt, more fresh herbs or a few drops of olive oil. Cubes of avo will also be delicious.
2. Season the soup to your preference with spices like paprika, cumin, garam masala or curry powder.
3. Leftover chicken or fish can be stirred into soup to make it more filling. Any other tinned or cooked beans can be added.

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