



# SCOTCH BROTH

Serves 8

## Ingredients

- 200 g broth mix soaked overnight in plenty of cold water
- 500 g carrots diced
- 1 large onion roughly chopped
- 2 sticks celery diced
- 1 tablespoon oil
- 2.5 litres vegetable stock
- 200 g chopped kale
- salt and freshly ground black pepper

## Method

1. Heat the oil in a large pan or pressure cooker.
2. Add the onions and cook on a medium heat for 2-3 minutes
3. Add the celery and carrots and cook them with the onion for a further 3-4 minutes.
4. Add the broth mix and stock.
5. Season with salt and freshly ground pepper.
6. If using a pressure cooker, cook on low pressure for 25 minutes.
7. If cooking without pressure, simmer gently for approximately 40 minutes or until the grains and pulses are soft.
8. Add the kale and leave to cook in the residual heat of the soup for at least 10 minutes before serving.
9. Check seasoning and adjust as required.

