



Slow Cooker Rustic Vegetable Soup

Serves 8

Ingredients:

- 2tbsp vegetable oil
- 2 onions, chopped
- 2 leeks, washed and sliced
- 1 swede, peeled and diced
- 1 turnip, peeled and diced
- 2 stalks celery, sliced
- 150g split green or yellow peas, rinsed
- 1 tin chopped tomatoes
- 900ml vegetable stock
- salt and freshly ground black pepper

Method:

1. Heat the oil in a saucepan
2. Add onions and cook for 5 minutes, until softened
3. Add leeks and continue cooking for 2 minutes
4. Add swede, turnip and celery and cook for another 5 minutes
5. Stir in split peas, chopped tomatoes and vegetable stock and bring to the boil
6. Transfer to the slow cooker
7. Cook on low for 6-8 hours
8. Season with salt and pepper to taste



Abundant Borders (SC049008)

web - abundantborders.org.uk & facebook.com/abundantborderscookfresh

contact: robin@abundantborders.org.uk