



Nicole's Thermomix Vegetable Soup (makes 4-6 serves)



Ingredients

- 2 cloves of garlic
- 1 brown onion
- 1 tsp olive oil
- 2 tsp dried or fresh thyme
- 2 tsp dried or fresh rosemary
- 2 tsp tumeric
- ½ tsp dried chilli
- (add other herbs of choice)
- 2 tbs vegetable stock – Thermomix vegetable stock or commercial cube
- 1 cup – dried soup mix (mix of dried legumes lentils/chickpeas/split peas) or any dried legumes (soaked and drained overnight in water)
- Vegetables (whatever you have, I always include root vegetables and some greens)
- 2 potatoes peel and roughly chopped
- 2 carrots roughly chopped
- 1 cup of roughly chopped pumpkin
- 2 kale leaves (or any green vegetables, broccoli also works well)
- 1 tin of tomatoes or 250ml of passata sauce
- 500mls of water (top to max level of thermomix)

Method

(without a thermomix, sautee onion, garlic and herbs and chop and cook the remainder in a large pot, blend afterwards for a smoother texture)

1. Put peeled garlic cloves and onion into bowl and chop, speed 6 for 10 seconds, scrape down bowl
2. Add olive oil and cook garlic and onions, speed 1, 100 degrees
3. Add all other ingredients
4. Heat for 30 mins speed 3
5. Blend at speed 6 for 10 sec or longer for consistency

Eat immediately or freeze in individual portions for lunch or dinner.