



bit spicy

Spicy Vegetable Soup

We can't pretend we have created a new genre of cooking with our Spicy Veggie Soup! But this is a delicious warming version, perfect for the whole family. You can add coconut milk if you like (and this is obviously a good vegan option) or use sour cream or creme fraiche for a rich dairy version. **serves 4**

- 1 onion, finely chopped
 - 1 tbsp oil
 - 2 cloves garlic, crushed
 - 1 small sweet potato, 1 red pepper & 2 carrots, finely diced
 - 700ml vegetable stock
 - 2 tsp garam masala (ours if you have some! find it [here](#))
 - 2 tbsp creme fraiche/sour cream/coconut cream
 - salt and pepper to taste
 - fresh coriander to serve
1. In a large pan gently fry the onion in the oil until soft. Add the spices and cook for a minute.
 2. Add the other vegetables and garlic, give them a stir and then add the stock. Bring to the boil and then simmer for about 20 minutes.
 3. Leave to cool briefly before blitzing to your preferred consistency.
 4. Add the cream/coconut cream, season to taste and serve with a sprinkling of coriander.