



SMOKEY VEGETABLE SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 2 tablespoon olive oil
- 2 cloves of garlic, sliced
- 1 large red onion, chopped
- 2 romano peppers sliced
- 2 sweet potatoes, peeled and cubed
- 3 carrots, sliced
- 1 large potato, cubed
- 500ml chicken or vegetable stock
- 2 tablespoon tomato paste
- 1 or 2 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper

PREP TIME

- Prep | 20 m
- Cook | 1hr
- Ready in | 1hr 30

METHOD

- Heat the olive oil in a large deep pan. Add the garlic, peppers and sliced onion to the pan
- Add the smoked paprika and cayenne pepper and stir through
- Sauté the onion, peppers and garlic over a gentle heat for about 5-10 minutes.
- Add the tomato paste and stir through.
- Add the carrots, sweet potatoes and potato to the pan and mix well.
- Add the stock and enough water to cover the ingredients and bring everything to the boil.
- Simmer for about 45 minutes until the potatoes and carrots are cooked.
- When cooked blitz in a food blender and blend until smooth. You can also use a hand blender.
- Season to taste and serve.

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