

Curried Kale, Sweet Potato, Pea and Carrot Soup

Ingredients

Seeds from 10 pods cardamon
3 tsp cumin
2 tsp nigella seeds (black cumin)
3 tsp ground coriander
2 tsp paprika
3 bay leaves
1 cinnamon quill
1 tsp hing
3 tsp home made curry powder (www.veets.com.au/blog/curry-powder-recipe)
Splash of oil
4 stalks celery chopped fine
1 bunch spring onions chopped fine
1 red onion chopped fine
2 medium to large sweet potatoes peeled and large diced (2 to 3 cm)
1 litre of boiling water
5 carrots grated
1 large bunch kale washed and shredded
1½ cups green peas
3 tomatoes blended
2 cups puy lentils or mung beans

Method

1. Cook the beans following the method in (www.veets.com.au/blog/problem-free-bean-and-legume-eating-complete-guide-easy-digestion)
2. Place the oil, celery, spring onions and red onion in a saucepan with a sprinkling of salt and cook for a few minutes, stirring now and again. Add all of the spices except the curry powder and cook for a further 2 minutes.
3. Add half of the water, more salt and let simmer for 20 minutes.
4. Next add the cooked beans, sweet potato, kale, blended tomatoes, curry powder and the rest of the water and simmer for 10 to 15 minutes or until the sweet potato is cooked but not too soft.
5. Add the carrots and peas and cook for a further 5 to 10 minutes.
6. Serve with your favourite bread or rice.



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