

Garbage Soup

This recipe is never the same as each time I make it, I just throw whatever is lying around in the fridge or pantry but I'll explain the basics that are needed:

1 litre of low salt chicken or vegetable stock

2/3 cup of lentils, dried peas or beans.

If using dried beans make sure you have soaked them overnight

1 large onion, chopped

3-4 cloves of garlic, crushed

4 cups (approx) chopped vegetables – whatever is lying around

For example: celery, carrots, potatoes, pumpkin, cabbage, capsicums, tomatoes, corn etc

Chillies or pepper to taste

Parsley or basil if preferred

Lightly spray the base of a stockpot with oil

Fry off the onions until soft, then add the crushed garlic

Pour on the stock and pulses (lentils or soaked beans) and add the firmer vegetables first, bringing the soup to simmer

As the firmer vegetables and pulses soften up add the rest of your vegetable mix

Season with chillies and herbs