

IDEAS FOR SOUPS FROM THE STORE

1. **BUTTERBEAN AND SAGE:** Using butterbeans, a little dried sage or fresh, veg. Stock cube, dried onions. Can add potato powder, garlic, chopped chorizo if available. Puree or mash.
2. **TOMATO AND LENTIL:** Tinned tomato or puree, soaked lentils, stock cube, garlic, spices e.g. coriander, cumin, or ginger. Add spoon balsamic vinegar, pesto or red pepper as available.
3. **PEA:** Cook peas with veg. Stock cube, dried onion, or chives then add mint to taste. Puree or mash.
4. **POTATO:** Use potato powder, reconstituted milk powder, dried onion, chives, chicken stock cube.
5. **PEANUT BUTTER AND POTATO:** Peanut butter, potato powder, dried onion, beef stock cube, chilli powder.
6. **MUSHROOM:** Soak dried mushrooms for 1 hour in boiling water, strain the liquid to remove grit. Cook with dried onion. Cup of cider or white wine, stock cube and parsley.
7. **ONION:** Use dried onion, beef stock, garlic, and little curry powder.
8. **BROAD BEAN AND POTATO:** Dried broad beans or butterbeans, dried onion, veg. Stock, potato powder, coriander.
9. **BUTTERBEAN , TOMATO AND PESTO:** Using the beans, re-hydrated sun dried tomato, chicken stock and pesto.
10. **MUSHROOM BEAN AND BARLEY:** Haricot beans, green split peas, yellow split peas, barley, dried onion, celery salt, dried mushrooms, garlic, veg. stock and parsley.
11. **CHICKPEA AND LENTIL:** Chickpeas, dried onion, lentils, broad beans, tomato puree, turmeric, cinnamon, coriander, parsley.
12. **NOODLE:** Chicken stock, coconut cream, garlic, chives, egg noodles, Thai spices. If possible add tinned chicken and sweetcorn.

It is understood that all dried pulses are soaked in boiling water overnight, thoroughly rinsed and boiled till tender before being used in the recipe. NB. Take care if using red kidney beans as they are poisonous if not boiled thoroughly for at least 30 minutes.

Adding barley to any of the above soups will give the required fibre intake, protein, vitamins and bulk.

Barley is recommended to help lower hypertension, prevent anaemia, kidney and heart problems and assist in asthma and, arthritis and skin problems.