

Healthy Winter Vegetable Soup – serves two

Ingredients (all fresh):

1 thick carrot
1 hydroponic tomato
½ brown onion
3 cloves of garlic
Red chilli (amount depends on strength)
½ turnip
½ - 1 sweet potato (1 tastes better but a half has less calories)
1 parsnip
½ head of broccoli
A handful of fresh parsley
Red miso paste
Chilli powder
Parmesan cheese

1. Fill ½ a saucepan with cold water. Heat on cooktop on high:
 2. Chop up and add all vegetables except broccoli in the order listed above.
 3. Add 2-3 heaped teaspoons of miso paste (don't overdo it or it makes the soup bitter).
 4. Once water starts to boil, turn down to simmer
 5. Chop up and add broccoli and parsley
 6. Add chilli powder to taste
 7. Test texture occasionally by chopping the veggies in the soup with a metal pancake flipper or kitchen knife.
 8. Once vegetables are close to the right texture (probably about 45m to 1hr), turn off and let stand for 5-10 minutes, using residual heat. Don't overcook to preserve the vitamins.
 9. Add generous amounts of parmesan cheese to taste.
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It's easy to make, isn't fattening, tastes great and full of vitamins to help keep those winter bugs at bay.