

Autumn Soup

Feeds 8

Ingredients

60g butter

2 tsp medium curry powder

2 large onions

2 potatoes

2 carrots

3 garlic cloves

zest 1 orange

} “a”

3 pints chicken stock

Juice of one orange (same orange you’ve just zested)

2 x 400g tins chopped tomatoes

2 apples peeled, cored and chopped

1 generous shake of dried basil

} “b”

- I. Melt the butter, add all of ingredients “a” and cook, stirring for about 5 mins over a medium heat till the onion turns “golden” (whatever that means – onion start brown and ends a different shade of brown in my experience)
- II. Add the curry powder and cook, stirring for 2 mins
- III. Now add “b”, bring to the boil and simmer for 30 mins
- IV. Take off the heat and run through a food processes till smooth but still with a bit of bite to it (or at least that’s how I think it tastes the best)
- V. Reheat and eat and enjoy.