



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 45 mins

Serves: 8

INGREDIENTS

- 2 tbsp oil
- 1 tbsp crushed garlic
- 1 large onion, diced
- 1 large sweet potato, diced
- 4 stalks celery, sliced
- 1 swede, diced
- 2 turnips, diced

ZUCCHINI AND ROOT VEGETABLE SOUP



- 4 large carrots, diced
- 4 large zucchini, diced
- 1 tsp pink rock salt
- 1/4 tsp black pepper
- 1/4 cup fresh dill, chopped
- 1 tsp dried thyme
- 4-6 cups vegetable stock

METHOD

- Heat oil to medium heat in a large saucepan.
- Add garlic and onion and saute 5 minutes.
- Add all vegetables and stir for 5 minutes.
- Add vegetable stock, salt, pepper, dill and thyme. Bring to the boil, and simmer for 30 minutes, until vegetables are soft.
- Enjoy.

NOTE: 1 cup of soup can be pureed and mixed back into soup, or all soup can be pureed if that is preferred.

A can of beans can be added, stir in at the end and heat.