

Chunky vegetable soup



NOTHING BETTER THAN A SOUL WARMING SOUP ON A COLD WINTER'S NIGHT. AND THE BEST PART OF THIS RECIPE IS THAT YOU'RE FREE TO USE ANY VEGETABLES OF YOUR CHOICE.

INGREDIENTS

- 30 ml (2 Tbsp) butter or margarine
- 1 medium onion, peeled and chopped
- 6 large tomatoes, peeled and chopped
- 2 large carrots, peeled and coarsely grated
- 2 stalks celery, sliced
- 2 medium potatoes, peeled and cubed
- 410 g can red kidney beans
- 1 litre (4 cups) beef or vegetable stock
- 125 ml (½ cup) [Spur Braai-time Marinade](#)
- 5 ml (1 tsp) salt
- Freshly ground black pepper to taste
- 30 ml (2 Tbsp) chopped fresh parsley or 10 ml (2 tsp) dried



METHOD

1. Heat the butter in a large, heavy-based saucepan and sauté the onion until soft.
2. Pour boiling water over tomatoes and remove skin.
3. Add the remaining ingredients, bring to the boil and simmer for about 30 minutes, until the vegetables are soft.
4. Liquidise three-quarters of soup, add remaining soup and bring to the boil. Serve warm and garnish with parsley. Serve with any bread, rolls or croutons, if preferred.



VARIATIONS

1. Add 200g fresh asparagus or broccoli.
2. Substitute tomatoes and carrots with 500 g button mushrooms, coarsely chopped.
3. Substitute the potatoes with sweet potatoes.
4. For a creamy tomato soup, omit the carrots and potatoes and add 10 medium tomatoes. Reduce stock to 375 ml. Add 10 ml (2 tsp) sugar and 3 ml (½ tsp) Spur Peri-Peri Sauce and then purée the soup.
5. For a meaty soup, add 250 g (4) sausages, fried and sliced.