



CHUNKY VEGETABLE SOUP

HEAT LEVEL 

Savor the heartiness of our Chunky Vegetable Soup - a wholesome blend of fresh vegetables in a rich broth for a comforting and satisfying soup experience.

15 Mins

4 Servings

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.

