



Leek, Mushroom and Sweet Potato Broth

A healthy light vegetable soup, perfect for summer



Ingredients:

- 3 Leeks sliced thinly
- 1 Packet of mushrooms
- 2 Sweet potatoes
- 1 white Onion
- 2 Spring onions
- 1 Tablespoon of vegetable stock
- 3 Garlic cloves
- 1 Tablespoon of chopped parsley
- 1 Tablespoon of olive oil
- A Pinch of salt to taste

Directions:

Fry the garlic, chopped leeks, onions and sliced mushrooms in olive oil until the leeks and onions are transparent. Add 1 litre of boiling water, add the vegetable stock bring to the boil. Add finely diced sweet potatoes into the soup. Add finely chopped parsley cook further 20 minutes turn down heat to simmer for further 15 minutes. Add pinch of salt to taste- stir and taste again. I like the soup to be a light brown broth with the finely chopped vegetables. Can liquidize the soup to add thicker consistency

Serves 4