

Marcus Bean's Root Vegetable Soup

Serves 4

Ingredients

- 1 clove of garlic finely chopped
- 1 medium sized onion roughly chopped
- 1 celery stem finely diced
- 1 tsp rapeseed oil
- 1 medium sweet potato peeled finely chopped
- 2 carrots peeled and chopped
- ½ celeriac (about 200g) finely chopped
- 1 litre reduced salt vegetable stock
- 1 sprig of fresh thyme (or dried thyme)
- Natural yoghurt for finishing off (optional)

Method

- Place a pan on the heat, add the oil, put the onions, celery and garlic in the pan and cook for a couple of minutes on a medium heat to soften.
- Add the chopped vegetables and thyme, stir together and cook for another couple of minutes. Add the stock and bring to the boil, then simmer for 20 minutes until all the vegetables are tender.
- Have a taste, season with a little pepper, then blitz in blender or with stick blender and serve topped with a swirl of natural yoghurt and homemade bread.