



Barbara Walter's Vegie Soup



- 1 soup bone (optional)
- 1 cup Burrum Biodynamic Soup Mix
- 2 celery sticks, finely chopped
- 1 carrot, finely chopped
- 2-3 onions, finely chopped
- 1 parsnip, finely chopped
- 1 turnip, finely chopped
- 1 swede, finely chopped
- 1 garlic clove
- 500ml liquid vegetable stock
- Enough hot water to cover ingredients
- Salt & pepper to taste

Place chopped vegetables, soup bone, barley, lentils, peas and stock into a 8 - 10 litre saucepan. Fill with enough water to cover ingredients. Bring to the boil, then simmer for one hour.

Remove bone. Add salt and pepper to taste. Mash for a thicker soup or add water for a finer consistency.

TIP: Perfect for the slow cooker; six hours on low or three hours on high.