Spicy Vegetable Pasta Soup



Makes: 12 (200mls per serving)
Exchanges: 0.5 per serving*

Ingredients

- 4 Carrots, chopped
- 1 White onion, diced
- 1 clove garlic, minced
- 1 tsp olive oil/spray oil
- 1 veg stock cube (with 2L boiling water)
- Salt & Pepper
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp garam masala
- 1/2 tsp cayenne pepper (optional depending on spice preference)
- 4/5 medium potatoes** (480g boiled potato for PKU, HCU, MSUD. 360g for other protein conditions)

Method

1. Heat a saucepan to medium and add in your chopped potatoes and carrots (around 1 inch pieces).
2. Add the stock cube and stir.
3. In a frying pan, add a few sprays of oil and fry your diced onion and garlic until all is soft.
4. Add the fried onion and garlic to the saucepan, followed by your seasonings and spices.
5. Add salt and pepper to taste.
6. When the water starts to boil and the vegetables start to turn soft, turn the heat down and let it simmer until all the veg are fully cooked.
7. Blitz with a blender until smooth.
8. Serve with some LP pasta, LP bread or LP croutons (cubes of bread drizzled in olive oil and put into the air fryer for 2 minutes).

Thanks to Lorraine for sending us this recipe, a parent who has a child under our care.

Want to add exchanges? Try adding measured quantities of:
-Potatoes
-Lentils
-Butter beans
-Regular pasta