



Roast vegetable soup

Recipe from Jean Brysland

Ingredients

You can use almost any vegetable (except white potatoes) and the list below are the vegetables used for the soup at the all day retreat

1/2 jap pumpkin

1 large orange sweet potato

3 large carrots

1 bunch beetroot

1 large parsnip

5 roma tomatoes

1 lemon, quartered

1 bunch basil

10 (or more) cloves garlic, unpeeled

Olive oil

Salt and pepper

Method

1. Put everything on a baking tray and bake until soft enough to blend. Peel garlic and discard the lemon.
2. Blend everything, adding water for preferred consistency. It's nice with chunky pieces left in it, so perhaps don't fully blend.
3. Yummy with Greek yoghurt swirled through to serve.

Enjoy...as they say in the classics!