

VEGETABLE SOUP

Ingredients for 6 people

<i>3 carrots</i>	<i>50</i>
<i>3 potatoes</i>	<i>80</i>
<i>100 grams can of boiled lentils</i>	<i>300</i>
<i>2 courgettes</i>	<i>20</i>
<i>200 grams of boiled chickpea</i>	<i>600</i>
<i>1 onion</i>	<i>20</i>
<i>1 handful of frozen spinach</i>	<i>30</i>
<i>3 leeks</i>	<i>15</i>
250 grams of fresh or frozen borlotti's beans	750
350 grams of frozen or fresh peas	300
200 grams of pumpkin (if you like it)	20
1 stalk of celery	10
minced basil and parsley, a bit of rosemary and sage	
3 tomatoes and two spoons of tomato puree	30
1 vegetable or classic stock cube	
2 spoons of olive oil	100
salt and pepper as much as you prefer	
<i>total calories (about)</i>	<i>2325</i>

Preparation

The soup is one of those one-course meals that I personally like a lot. It is good for diet, because it is very tasty, low in calories and it can be frozen and reused when needed. It has to be overcooked and especially the pulses have to be soft.

Cut a potato and the pumpkin in pieces, rather big. Cut the 2 left potato and the rest of the vegetables in small pieces

Put all the ingredients (vegetables, pulses and the rest of them except the spices) in a casserole, better if it is made of terracotta, with plenty of cold water

Make it boil and cooked it on a low flame and with a lid for about 2 hours, stirring every once in a while with a wooden spoon.

Almost at the end of the cooking, check that there is not too much water otherwise you have to make it evaporate.

Take the potato and the pumpkin cut in big pieces, smashed them in a plate with a fork and put them back in the pot. Add salt, the minced basil and parsley and turn off the gas.

Make it rest covered for 10 minutes. Serve with a drop of olive oil, and as you prefer add fresh grinded pepper and grated cheese.