

VEGAN HOT POTS - BROTH & LENTIL SOUP

Local catering enterprise, Many Hands, has a soup-remely tasty recipe for you this month! Watch this space for more plant-based delectability in upcoming issues. Head to Facebook @ManyHandsKitchen to get to know your neighbourhood culinarians.



♡ Broth + Lentil Soup ♡

- 1 Tbsp ~ Olive oil (or other oil)
- 1 Onion ~ diced
- 1 Tbsp crushed garlic
- 1 Tbsp grated ginger (or crushed)
- 1.5 cups diced celery
- 2 cups diced carrot
- 2 Tbsp tomato paste
- 1 potato diced (about a cup)
- 2 cups beans ~ roughly chopped
- Can of brown lentils ~ drained + rinsed
- Salt + Pepper ~ to taste

Method:

Heat oil gently in a pot ~ add onion and fry til translucent
Add garlic + ginger + stir ~ add a small amount of water if it starts to stick.

Add celery, carrot + potato ~ stir and cook for a few minutes to let the vegetables add their flavour to the pot.

Cover the vegetables with boiling water ~ add tomato paste and Salt + Pepper

Add rinsed lentils and beans

Top up with water so that all ingredients are submerged in the broth

Put the lid on and simmer 15 mins

VEGAN HOT POTS - CHUNKY PUMPKIN & CARROT SOUP

Local business Many Hands Catering is back with another soup-erb recipe to warm your belly and soul! Let them know how you go on their Facebook page @ManyHandsKitchen.



♡ Chunky Pumpkin + Carrot Soup ♡

You will need : Oil (I used olive oil)
diced onion ~ crushed or sliced garlic
Curry powder ~ bay leaf or 2 ~
celery ~ Carrot ~ pumpkin - diced
Salt + Pepper

Optional extras: fresh, chopped parsley
lemon juice ~ coconut milk or fresh
cream ♡

Step 1: Heat your pot ~ add a splash of oil
then fry onions ~ add garlic next ~ then
sprinkle with Curry powder and stir
together ~ cook for a few minutes ~
stirring to stop it from sticking.

Step 2: add into pot celery and bay leaf
stir ~ then Carrot and pumpkin ~
Cook and stir for 2 mins.

Step 3: Cover vegetables with boiling
water ~ put the lid on and simmer
til vegetables are nicely cooked ~ around
10 mins. Add salt + pepper to your taste.

Step 4: If using optional extras ~ turn off
heat, stir through parsley ~ add cream
or coconut milk or a squeeze of lemon.
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VEGAN HOT POTS - MATARIKI CELEBRATION SOUP

Not all iwi commemorate Matariki at the same time; some start on the first full moon after the star cluster rises, or on the next new moon. It's not too late to celebrate! Try this stellar soup recipe crafted by local food inspiration page, Many Hands Kitchen. This original recipe includes a peculiar ingredient of peanut butter that makes it out of this world! Let the chefs know how you go on their Facebook page: [@ManyHandsKitchen](#)



☆☆ Matariki Celebration Soup ☆☆☆

☆ Heat oil in a large pot and fry ~
1 diced onion, 3 small sliced chillis, an inch
of peeled and thinly sliced ginger and 2
heaped tsp of crushed garlic ~ stir often.
~ Once lightly browned, add 2 small carrots
and 2 sticks of celery, chopped ~ stir-through.

Add approx 3 litres of boiling water
and 2 tsp of salt. Simmer for 10 mins.

For the broth ~ add 2 Tbsp of soy sauce,
3 Tbsp of chilli sauce, 1 tsp of sesame oil
and 3 Tbsp ~ heaped ~ of peanut butter.
Simmer and stir ~ allow the flavours
to infuse ~ taste and add more salt
or broth flavourings to your liking.

Cube cut some firm tofu and/or
pumpkin and/or cabbage (I put it
all in ♥) and cover with a lid and
Simmer for a further 10 mins ~ add rice
noodles and coconut milk if you wish ~
and turn off the heat.

We served ours with a little chopped
coriander leaf and a squeeze of
lemon juice.

♥ Matariki blessings ~ from Many Hands
Kitchen ♥