

Chickpea, Pumpkin, Rice and Miso soup

2 cups of cooked chickpeas

3 cups of cooked butternut pumpkin (*choose one that has nutty brown skin. The brighter the colour inside, the sweeter it is. Could add a parsnip*)

One small onion & a bay leaf

One cup of cooked brown rice

(you could steam the pumpkin and onion together - 10 mins

Don't throw any of the cooking water away. Use it when blending)

brown rice miso to taste

bay leaf

1. Blend chickpeas, vegetables & veg water together til smooth.

(Sometimes I blend all, some times I leave some finely diced)

2. Put in saucepan, add rice and bring up to simmer.

3. Then turn off and add any other herbs or spices that you like.

(I like cumin seeds and garam masala, garlic/ onion & ginger, turmeric)

4. Ladle into a soup bowl, let cool a dash, then add a small teaspoon of miso. Mix in well. Add more miso or herbs & spices if it's not tasty enough.

(Miso has enzymes which will be destroyed if you cook it, and it's good to have the benefit of the enzymes. I also like to have the onion/ garlic raw. It's surprisingly tasty.)

Add spices to taste eg garam masala a pinch of cayenne pepper, cumin seeds, turmeric, coriander, grated ginger, garlic, herbs

(Cayenne pepper/red peppers help digestion, warm the body, mild diuretic, natural stimulant & high in A & C.)

Garnish with green herbs of your choice.

Freeze any that is left over in meal size pots.

variation

I don't cook the ginger or onion - I add it raw, grated or onion finely sliced to our bowls, to benefit from enzymes and greater nutrient supply. It's delicious - just don't overdo it.

(Of course you can cook it all if you want to, it's just good to get as much raw as possible)

(Onion & garlic source of quercetin. Good for allergies)

(Bear in mind, spices can be heating)