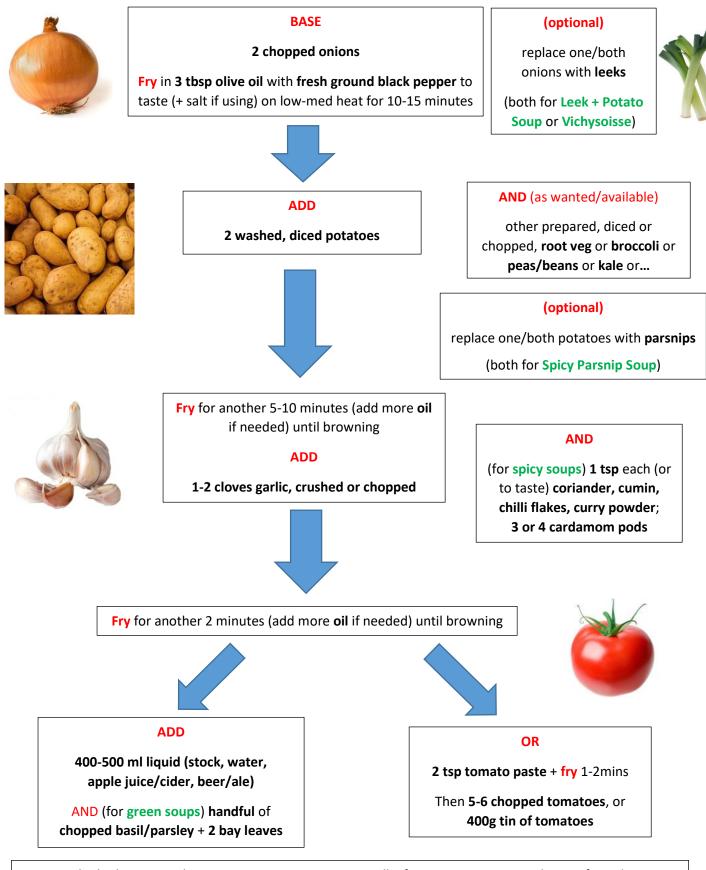
Vegan soups and stews – basic principles, mix and match



Bring to the boil, cover, reduce to simmer, stirring occasionally, for 20-30 minutes, until veg softened to taste. (Add more liquid if needed).

Add handful of **pearl barley** towards the end if wanted, and, <u>for stews</u> 3-400g cooked beans/legumes.

Remove bay leaves/cardamom pods if used.

For soups: mash or blend, and add more water, stock, (milk, if vegetarian), or oatmilk to consistency required.