

# CHESTNUT SOUP

## INGREDIENTS

Prep 10 mins & cook 1 hour

- 2 *tblsp rapeseed oil*
- 2 *onions (I used red), chopped*
- 4 *garlic cloves, chopped*
- 2 *celery stalks, chopped*
- 4 *medium carrots, chopped*
- 3 *cauliflower florets (frozen is fine)*
- 2 *bay leaves, 1 sprig of thyme & approx. 10 sage leaves (or your choice of herbs)*
- 2 x 200g *pouch of chestnut puree*
- 2 x 180g *pouch of cooked whole chestnuts, 1 roughly chopped*
- 1 *tin of butter beans, drained & rinsed*
- 2 *pinches of nutritional yeast*
- *Freshly grated nutmeg + seasoning*
- *Optional—zest of an orange*
- *Optional—serve with crème fraiche (vegan or dairy)*

## METHOD

1. In your largest saucepan warm the oil whilst you start chopping.
2. Gently sauté the onion 1st for 5 minutes before adding the garlic, celery, ginger, then cook for 5 minutes more.
3. Add the carrot, cauliflower, & season if you like. Continue sautéing whilst you boil the kettle.
4. Add enough boiled water to more than cover the veg. Add the herbs, cover, bring to a gentle simmer & leave for 30 minutes.
5. Add the chestnut purees & 1 pouch of whole chestnuts, beans, yeast. Simmer for about another 10 minutes, until everything is soft.
6. Remove the bay & thyme, whizz with a hand blender, . Add more water if necessary until the thickness is right for you. Then season, add grated nutmeg (to your liking), the chopped whole chestnuts, & orange zest if using.

Serves 8-10. Easily halved. Freezes well.



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A handed down recipe through my husband's family, traditionally made using the stock from cooking a ham at Christmas. This is a lighter, fresher version. Though my husband, a meat lover, still likes it with a bit of bacon, & probably still prefers his Mum's version!!!



## HEALTH BENEFITS

**Garlic** is well known to boost immunity & is antibacterial & antifungal. Much research has found it effective in treating colds & flu, it is anti-carcinogenic, & thought to be beneficial for high blood pressure, stroke prevention, & treating diabetes.

**Chestnuts** are quite different to other nuts, having 4 times as much carbohydrate, 1/3 of the protein, half the calories, and 1/15 of the fat. A great source of potassium, magnesium and iron.

**Carrots**— Great for the liver (detoxifier), the gut (fibre) & the kidneys. Also well known for being good for the eyes, & the skin (in moderation!), for the digestive system & the urinary tract. A multitude of vitamins & minerals + high in fibre.

**Thyme** was used by the Romans as a culinary & medicinal herb. A great tonic for stomach & nerves. In tea it relieves wind, promotes appetite, strengthens digestion. Thyme vinegar was used for centuries to relieve headaches. Rich in essential oils, sometimes used as an antiseptic mouthwash.

**Nutritional yeast** is a complete protein, containing all nine essential amino acids that we need from food. It contains many B vitamins, + zinc & selenium.



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