

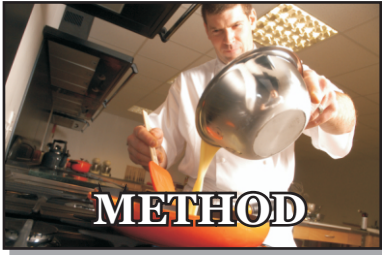
Thick Ham & Vegetable Soup

Serves 6 - 8

2 tbsp sunflower oil
1 stick of celery (chopped)
2 large onions (quartered)
2 carrots (chopped)
2 litres of water
1 bouquet garni
2 bay leaves
500g gammon ham
250g organic soup mix
250g swede (cubed)
100g sweet potato (cubed)

To serve:

150ml single cream
Chopped fresh parsley



In a large deep pan, heat the oil and soften the celery, onions and carrot

Add the water to the pan, bouquet garni, bay leaves and the ham, cover and bring to the boil. Lower the heat and simmer for 30 minutes. Remove ham and set aside to cool.

Add the soup mix to the pan and simmer for another 20 minutes.

Chop ham then add to the pan with the remaining vegetables and simmer until cooked through.

Serve with chopped parsley and cream.