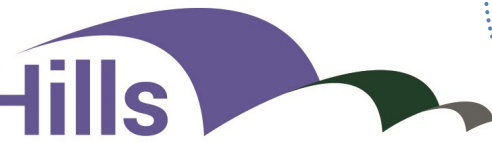


Taste the Hills



Recipes and Tips

Sunshine soup

Carrots are high in vitamin A and Beta-carotene and are a good source of calcium, particularly if you eat them with a little fat. Sweet potatoes and sweet pepper both have good amounts of vitamin C.

6 carrots	thumb sized piece of ginger
1 small sweet potato	1 large onion
2 pints of stock	1 orange
Salt, pepper	Mix of oil and butter for frying

Peel everything that needs peeling and roughly chop. Heat a knob of butter with some oil in a large pan. Gently soften onion with the salt and pepper. Add the ginger and fry for a minute before adding all the veg and the zest from the orange. Gently fry for five mins then add everything else. Put lid on and simmer till soft. Add the juice from the orange and blend till smooth, adding a little more liquid if it's a bit thick. Check for taste. Serve with a swirl of buttermilk and if you have the energy scatter croutons over the top.

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