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# BEAN AND VEGETABLE CURRY SOUP

Serves 6



- 1 T olive oil
- 1 chopped, medium onion
- 1 1/2 pound of peeled and chopped mixed root vegetables (like carrots, potatoes, and parsnips)
- 1 1/2 pounds of chopped mixed vegetables (like celery, peppers, and fennel)
- 1 clove of crushed garlic
- 2 teaspoons of curry powder
- 1/4 cup chopped fresh parsley
- 2 bay leaves
- 4 cups of vegetable or chicken stock
- 2 small chopped zucchini
- 15oz can of red kidney beans
- 15oz can of black-eyed peas
- Don't forget to rinse and drain the beans!

Heat oil in a heavy stock pot or Dutch oven.

Add all the vegetables, except the zucchini, parsley and beans.

Cook over high heat for 4-5 minutes, stirring constantly.

Add the garlic, curry powder and the bay leaves and continue cooking for 2-3 minutes.

Pour in the stock, there should be enough to cover all the vegetables.

Bring to a boil and then reduce heat to simmer, cover and simmer for 20 minutes.

Add the beans and cook for another 10 minutes.

Remove bay leaf.

Puree about 1/3 to 1/2 of the soup in a blender.

Return puree to the pot and bring to a boil. Then add the zucchini and parsley and continue cooking for another 3-4 four minutes. Add salt and pepper as needed.