



## *Quick Carrot and Silverbeet Soup*

### **Ingredients**

- 1 medium bag silverbeet or spinach
- 1 small onion, chopped
- 2 carrots, chopped
- 1/2 red pepper, chopped
- 1 clove garlic, minced
- 1 pinch chilli flakes
- 200ml vegetable stock
- 1 handful chopped parsley
- Juice 1/2 lemon
- Salt and pepper to season

### **Method**

1. Place all ingredients except the silverbeet /spinach in a saucepan and simmer for 10 minutes.
2. Add the silverbeet /spinach and simmer for a further 5 minutes.
3. Serve and enjoy!

***So sweet. So fresh. So tasty!***

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