

# RECIPE

## SOUP

Get a big pan.

Pour in some cooking oil.

Put the pan on a medium heat.

Chop up a load of onions and dump them in.

Chop up a bunch of celery, dump that in too.

Peel and crush a whole garlic bulb. That goes in.

Chop as many carrots as you can hold in one hand,  
and an equal amount of parsnips, in they go.

Do the same with some of whatever other vegetables  
you fancy or have to hand.

Turn down the heat, and let the whole lot sweat for some time.

Open a couple of tins of beans – kidney, cannellini, borlotti  
or even baked beans will do – pour them in.

Same with two tins of chopped plum tomatoes  
and squeeze in a tube of tomato puree.

Then get creative – learn from your mistakes. You could add a large lump of peanut  
butter into the pan, a chopped apple, herbs (handy hint: never pass a bay tree without  
helping yourself to a few leaves), a pinch of chilli, a generous shake of soy sauce,  
some cider or a slug of red wine. Do what you want.

Let it simmer.

Keep stirring and tasting and add pepper, salt or anything else you think might  
bring out the flavours.

Keep going, keep the heat down; do not burn the bottom of the pan,  
add some water if needed.

Allow two hours from chopping the first onion to serving.

Serve as a main course with a hunk of bread and a chunk of cheese.