

Watercress Soup

Recipe No.4 – a spicy soup that serves 1

Ingredients

1 tbsp olive oil
¼ onion, finely chopped
1 clove garlic, chopped
½ a can of butter beans
150ml/5fl oz chicken stock (vegetarians can substitute vegetable stock)
50g of watercress, chopped
50ml/2fl oz double cream
Juice of half a small lime
A large pinch of chilli powder
salt and freshly ground black pepper

Method

1. Heat the olive oil in a medium saucepan. Add the onion and garlic and sauté gently until softened.
2. Add the remaining ingredients and cook gently for 8 minutes.
3. Blend with a hand blender until smooth and pour into a bowl to serve.

Things to try

Crusty bread to dip in your soup !

Winter warmers from Devon Organics Ltd.
Purveyors of organic watercress.
www.devon-organics.co.uk