

# HEARTY MEAT, LENTIL & SPLIT PEA SOUP

*A delicious and inexpensive all in one meal for the colder months. Omit the meat for a vegetarian version, it's still just as flavourful.*

## INGREDIENTS

**Serves 8 - 10**

600 - 800 g beef shin or other soup or stewing meat

1 - 2 large onions, chopped

2 cloves of garlic, crushed

2 carrots, peeled and diced

1 small butternut, peeled and cubed

1 - 2 sweet potatoes, peeled and cubed

2 - 3 celery stalks with leaves, chopped

1 tin (410 g) chopped tomatoes

1 - 1,5 litres chicken or vegetable stock

125 - 250 ml brown lentils

125 - 250 ml split green peas

2 - 3 baby marrows, sliced

salt & freshly ground black pepper

## METHOD

1. Cover an AMC 8 litre Speedcooker®II with a normal AMC 24 cm lid. Heat on a medium temperature until the Visiotherm® reaches the first red area.
2. Brown half the meat then set aside before browning the remaining meat. Remove from cookware.
3. Sauté onions for a few minutes before adding garlic and vegetables. Sauté further.
4. Add tomatoes, stock, lentils and peas to unit with the meat. Seal with the Speedcooker®II lid. Set pressure setting valve to high pressure. Continue to heat over a medium temperature until steam is released from the valve. Reduce temperature slightly to maintain pressure and cook for 15 minutes.
5. Remove from heat and open only once the red pressure valve has dropped.
6. Place Speedcooker®II back on stove, heat on medium and add baby marrows to the soup. Thin soup with water or stock if required. Season to taste and cook baby marrows for 5 minutes before serving.

