



ROAST GARLIC, RED PEPPER & CHICKPEA SOUP WITH HARISSA

INGREDIENTS

20 garlic cloves, peeled

50 ml olive oil

100g butter, cold and diced

4 x400g tins chickpeas

3 red peppers deseeded and diced into 2cm pieces

15g ground cumin

7g ground coriander

40g harissa paste

2lt vegetable stock (20g stock powder per litre)

1lt milk

Salt & Pepper, to taste

In a small pan cover the garlic cloves with the olive oil.

Cook very slowly until garlic is golden and soft.

Tip garlic and oil into a larger pan and add diced peppers, cook over low to medium heat until peppers are soft but not coloured.

Add cCumin and Coriander and cook for 1 minute.

Add chickpeas and stock, bring to the boil and simmer gently for 20 minutes.

Stir in harissa paste.

Liquidise & add butter piece by piece, season to taste.

Serve and enjoy!

Serves 6

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