A Very Tasty Winter

Bring out the blankets and make a pot of tea, winter is here! Citrus fruits like orange, lemon, grapefruit, mandarin and tangelo are in season in winter, along with rhubarb, apples and pears. Why not stew some rhubarb and apple and enjoy with a bowl of porridge for breakfast?

While the weather is cold, make the most of seasonal vegetables like carrots, potatoes, turnips, swedes and cauliflower to make a bowl of soup for dinner. Try this delicious warming carrot and chickpea soup with some crusty bread and butter or margarine.

**Ingredients:**

2 teaspoons olive oil

1 chopped leek

500 grams diced carrots

½ cup orange juice

4 cups salt reduced chicken stock

400 gram tin chickpeas drained

¼ teaspoon mixed spice

**Method:**

1. In a large pot, fry leek and carrot in oil for 10 minutes over low heat until lightly browned.
2. Add orange juice, chickpeas, chicken stock and mixed spice. Cover and simmer for 15 minutes.
3. Cool and blend in food processor. Serve with some toasted bread or crunchy bread rolls and butter or margarine.

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