

## Spicy Vegetable Soup (Good for the immune system, reputedly)

Qty	Ingredient
1	Chopped Onion
Handful	Smoked Bacon
1	Clove Garlic, Crushed
2	Tbsp Oil
2	Carrots
2	Stick Celery
1	Pinch Cayenne Pepper
2 Tins	Chopped Tomatoes
1 Tin	Chick Peas
1 Cup	Vegetable Stock

### Method

You will need a stew pot or large saucepan.

Prepare the vegetables onto manageable sized chunks.

Fry off the onions and bacon in the oil, until the onions are translucent, but do not allow to brown.

Add the tinned chopped tomatoes.

Then all the other ingredients,

And finally the vegetable stock.

Bring to the boil and then simmer for 25 - 35 minutes depending on quantities used and the desired thickness of the soup.

Allow to cool before blending, This is best done with a multi-blender, but you could use a food processor.

The degree of blending is up to you I quite like it chunky as you get a variety to the taste.

Served with some wholemeal toast liberally sprinkled I can heartily recommend this dish.