

Mum's BACON BONE VEGETABLE SOUP

Ingredients

- Approximately 4 litres of water
- Assorted vegetables of any kind e.g. finely chopped carrot, pumpkin, sweet potato, snow peas, grated carrot, parsnip, zucchini, chopped bok choy, beans, onion (you can add any vegetable you want to!)
- To thicken - 1 large diced potato or 1/2 cup of cooked rice
- Herbs to taste - chillies or pinch of chilli powder, garlic, ginger, thyme, basil, rosemary, parsley (again can add any of your favourite herbs)
- 1 cup soup mix
- 1 cup barley
- 700g bacon bones from the butcher



Directions

1. In a large saucepan combine enough water to completely cover the bacon bones. Bring to boil and simmer for approx. 2 hours. Ensure water is always covering the bacon bones (keep adding more water as it reduces)
2. Remove bacon bones to cool, leaving stock. Strain stock to remove any excess bones. Place strained, cooled stock in fridge overnight. Next morning, scoop congealed fat from the top of the stock and discard fat
3. In the saucepan of stock add soup mix, barley, herbs and vegetables (including potato or rice to thicken) and simmer on stove top for 2.5 hours
4. Shred meat from bacon bones and add to soup. Season before serving. This recipe freezes perfectly into smaller portions for later.



TANYA DWYER
THE RESOLUTION TEAM

“Low fat (and great to use up the vegetables in the fridge)”

