

Roasted Swede and Chickpea Soup (Slow Cooker)



Serves	4-5
Prep time	35 minutes
Cook time	6 hours
Total time	6 hours, 35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Soup
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot , Slow Cooker

Ingredients

- 1kg swede (peeled and cut into chunks)
- 3 tablespoons sunflower oil
- Salt
- 1 Medium leek (finely chopped)
- 2 stalks celery (finely sliced)
- 1 clove garlic (crushed)
- 1 tin chickpeas (400g, rinsed and drained)
- 1/2 cup dried yellow split peas (rinsed and drained)
- 5 cups water

Optional

- 2 Medium carrots (finely sliced)
- 150ml buttermilk

Directions

1. Preheat the oven to 200°C.
2. Spread the swede pieces over a large roasting tray and drizzle over 2 tablespoons of the oil and season with salt.
3. Roast the swede in the oven for about 30 minutes, stirring occasionally, until golden brown and tender.
4. Meanwhile, heat the remaining oil in a frying pan over medium heat. Add the leek, carrots, celery and garlic, season with salt and fry for 3 to 4 minutes until softened but not browned.
5. Add the roasted swede and the leek, carrot and celery mixture to the slow cooker. add the chickpeas, split peas and water.
6. Cook on low for about 6 hours.
7. Transfer to a food processor and process until smooth. Return the soup to the slow cooker and re-heat through. Stir in the buttermilk if using.

Note

Low / Moderate Salicylates, Low Glutamates, Low Amines

Variations:

- For a low chemical/ Failsafe version the carrot can be left out.
- For a dairy-free version the buttermilk can be left out.

If you don't want to use a slow cooker this soup can be made in a large saucepan from step 4 onwards. Bring the soup to the boil then simmer until chickpeas and split peas are cooked, about an hour.