

Merle Hathaway's Silverbeet Soup

Ingredients

Bunch of silver-beet	1 tsp cummin
4-6 potatoes	1 tsp coriander
1 cup of milk	1 tsp turmeric
4 cups of vegetable stock	3 tablespoons olive oil
2 onions	

Method

Wash the potatoes and slice them into chips. Boil the potatoes and mash them when cooked. Fry onions, garlic and spices in the oil.

Clean the silver-beet and chop it up. Cook the silver-beet pieces in boiling water, with the mashed potato if possible, or in a separate saucepan. Cook the silver-beet until it is tender.

Blend the fried ingredients, the mashed potato, the silver-beet, four cups of the water, if possible using the water in which the spinach was cooked, or if not separate, the cup of milk and the stock.

Serves: with bread or toast serves four or five as a main course.