

I clean your blood and fight disease, make sure you cook with lots of these.



Olly Onion

I'm a bulb with cloves in sections, I have the power to stop infection.



Gary Garlic

I can help your eyes, see in dark night skies.



Chris Carrot

I'll help you fight coughs and sneezes, and other nasty diseases.



Tommi Tomato

I protect your eyes, and energise.



Syd Sweet Potato

What ingredients we are going to need

- 2 large onions (sliced)
- 1 bulb garlic (sliced)
- 3 large carrots (grated)
- 1kg tomatoes (chopped)
- 2 large sweet potato (chopped)
- 1 Litre vegetable stock
- 1 jar tomato pasta sauce

It is so easy to do

- Fry onion and garlic in olive oil
- Add tomato and carrot
- Add water/stock and then sweet potato
- Simmer for about 30min and add pasta sauce.
- Blend, add a little cream to serve. Delicious.

Why it is good for us

Use this soup as a healer for any chest complaints, asthma, bronchitis, blocked noses, sore throats etc. The Onions and garlic are excellent decongestants and strong antibacterials. Onions are helpful in the treatment of colds and chesty coughs and garlic can help fight chest infections and sore throats. Garlic may stop germs from growing and boost the immune system. Carrots are important in the prevention of disease, are a powerful anti-oxidant food, anti-aging and help protect the skin against sun-damage and wrinkles. They also help blood flow in the coronary arteries of the heart. Tomatoes are extremely rich in antioxidants as well as vitamin C and E making them good protectors of the cardiovascular system and against disease. They are low in sodium and high in potassium so they help in high blood pressure and fluid retention. Sweet potatoes are a powerful disease fighter They are bursting with energy, some protein, vitamin C and E and a huge amount of carotenoids. They can protect your lungs and are great for your eyes and skin. This soup is a healthy winner. If the kids are not convinced as a soup, use as a pasta sauce adding a little parmesan cheese to taste.