

# Creamy white vegetable soup

Total time **45 mins** 15 mins preparation time 30 mins cooking time

Nutritional facts (per portion):  
**1889 kJ / 451 kcal**

Fat: **21.9 g** Protein: **15.3 g**  
Carbohydrates: **52 g**

## INGREDIENTS

4 portion(s)

<b>1</b>	onion, finely chopped
<b>1</b>	clove garlic
<b>1</b>	leek - white part only, thinly sliced
<b>2</b>	parsley roots, peeled and diced
<b>0.5</b>	celeriac, peeled and diced
<b>1</b>	large potato, peeled and diced
<b>300 g</b>	cauliflower, in small florets
<b>200 g</b>	chickpeas and brine from the can
<b>750 ml</b>	water
<b>6 tbsp</b>	<a href="#"><u>Kikkoman Naturally Brewed Organic Soy Sauce</u></a>
<b>4 tbsp</b>	white wine
<b>250 ml</b>	milk
<b>125 ml</b>	cream
<b>1 tsp</b>	ground ginger
<b>0.5 tsp</b>	white pepper
<b>0.5 tsp</b>	ground nutmeg

## PREPARATION

### Step 1

Fry the onion in a large pan on a medium heat until translucent - do not brown the onion. Add the crushed garlic and the white leek and stir. Add the celeriac, cauliflower and potato and fry for another 2 minutes. Add the chick peas and brine, water, wine, soy sauce and spices and bring to the boil. Put the lid on the pan and simmer for about 20 minutes or until the vegetables are tender. Remove from the heat and add the milk and cream and blend until smooth.