



When we made the [Slow roast Pork Shank](#) on Thursday we had about a pint of Stock and vegetable left over. Sue usually keeps any stock we have left over anyway, but this just had Soup written all over it. So with the addition of a few herbs from the Edible York planters (<http://www.edibleyork.org.uk>) we've just had a pretty tasty soup for a grand total of not a bean!

Ingredients for the previous Stock:-

- 1 Carrot
- 1 Onion
- 1 Potato
- 1 Bay leaf
- A sprig of fresh Fennel Tops
- 1 tbsp Cumin Seeds
- 1 tbsp Coriander seeds
- 4 cloves of Garlic
- Garlic Salt
- Onion Salt

Additional herbs:-

A handful of mixed fresh herbs:-

- Fennel Tops
- Chives
- Lovage

Parsley

Method:-

- (1) Add the Stock and herbs to a blender and blitz.
- (2) In a saucepan heat to a rolling simmer.
- (3) add a little fresh ground Black Pepper to top to and a sprig of Parsley.

Enjoy ? We did?..