



Spinach and Jerky Soup

List of ingredients

- 1 tablespoon oil
- 2 onions, finely diced
- 2 cloves garlic, crushed
- 2 x 12g packet beefy jerky, sliced
- 2 kumara, peeled and chopped
- 4 cups water
- 5 cups silverbeet, spinach or asian greens, finely sliced
- ¼ cup plain unsweetened yoghurt
- Salt and pepper

Feeds 4 people.

How to cook the dish

1. Heat oil in heavy based saucepan and add onion and garlic. Cook 4-5 minutes until the onion is clear.
2. Add jerky, kumara, water and cook 10 minutes until kumara is tender.
3. Add greens and cook 3 minutes. Add salt and pepper to taste.
4. Serve topped with a spoonful of yoghurt.