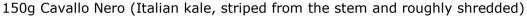
This delicious and healthy recipe was provided by a fellow lover of artichokes. I first saw this on the Instagram account **feedyourmates.** Obviously, both nutritious and tasty, I felt compelled to ask for the recipe so I could add it to the website. Thank you for allowing me to add it. We love your collection of posts. All perfect for the health conscious person!

Ingredients

- 2 onions,
- 2 carrots,
- 6 garlic cloves, minced,
- 1 large courgette,
- 1 yellow courgette,
- 3 sticks celery,
- 2 teaspoons dried oregano,
- 3 teaspoons smoked paprika,
- 800g can diced tomatoes,
- 1 litre chicken or vegetable stock,
- 300g artichokes hearts, halved,
- salt and pepper, to taste,
- 25g basil leaves (roughly torn)





Method

- 1. Dice all the vegetables to the same size, about 1cm by 1cm. Fry the onions and carrots for roughly 10 minutes in olive oil, stirring occasionally.
- 2. Add the garlic, courgettes and celery and fry for a further 5-10 minutes until they are slightly softened. Then add the oregano & paprika, and stir through. Add the tomatoes and stock. Simmer for 20 minutes or until the carrot is soft.
- 3. Add the artichokes and basil and stir through, season to taste.
- 4. To serve put Cavallo Nero in bowls and ladle over the hot soup.
- 5. Serve with crusty bread, if preferred.

Serves 4-6

