

# Fresh for Kids® Vegetable, bacon & pasta soup



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## Vegetable, bacon & pasta soup

**Preparation:** about 20 minutes

**Cooking:** about 40 minutes

**Serves:** 4-6

Finely chop the vegetables for young children and leave them chunky for older children and teenagers.

- 2 tbs olive oil
- 1 medium brown onion, finely chopped
- 175g rindless shortcut bacon rashers, trimmed and chopped
- 2 medium carrots, diced
- 1 stick celery, thinly sliced
- 2 medium potatoes, peeled and diced
- 1 zucchini, diced
- 6 cups salt-reduced chicken stock
- 100g dried pasta (like orrechiette or mini penne)
- 2 tbs flat leaf parsley leaves, chopped
- Salt and ground black pepper
- Toasted bread, to serve

1. Heat oil in a large saucepan over medium heat until hot. Add onion and bacon and cook, stirring often, for 5 minutes or until onion is tender. Add carrot, celery, potatoes and zucchini and cook, stirring often, for 5 minutes or until vegetables begin to soften.
2. Stir in stock. Cover and bring to the boil over medium-high heat. Reduce heat to medium-low and simmer, stirring occasionally, for 20 minutes until vegetables are almost tender.
3. Stir in pasta, partially cover and cook for 10 minutes or until pasta is tender. Stir in parsley and season with salt and pepper to taste. Ladle into serving bowls and serve with toast.

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### Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.

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