

Italian vegetable soup



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Preparation: about 25 minutes

Cooking: about 1½ hours **Serves:** 4–6

2 tbs olive oil
1 large brown onion, chopped
2 garlic cloves, crushed
2 medium carrots, peeled and diced
2 sticks celery, thinly sliced
2 medium zucchini, chopped
2 medium potatoes, peeled and diced
5½ cups beef or vegetable stock
810g can peeled whole tomatoes, roughly chopped (reserve juice)
⅓ small Savoy or Chinese cabbage, shredded
400g can cannellini beans, drained and rinsed
200g green peas, shelled
salt and ground black pepper
grated parmesan cheese, to serve

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 5 minutes. Add carrots, celery, zucchini and potatoes and cook, stirring often, for 5 minutes.
2. Stir in stock and tomatoes and reserved juice. Cover and bring to the boil, stirring occasionally, over medium-high heat.
3. Add cabbage, partially cover and simmer, stirring occasionally, over medium-low heat for 1 hour.
4. Add beans and peas and simmer for 5–10 minutes or until peas are tender. Season with salt and pepper to taste. Ladle soup into serving bowls and top with grated parmesan.



Cabbage

- An excellent source of vitamin C, which helps protect the body against infections.
- Provides folate, one of the B group vitamins that is needed by the nervous system and is especially important in the early stages of pregnancy.
- A good source of dietary fibre, which helps keep us regular.