

hearty vegetable soup



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Ingredients:

2 tbs olive oil
1 large brown onion, chopped
2 garlic cloves, crushed
2 medium carrots, peeled and chopped
2 sticks celery, thinly sliced
2 medium zucchini, chopped
2 medium potatoes, peeled and chopped
4 cups beef stock
810g can peeled whole tomatoes, roughly chopped and juice reserved
1/4 small savoy cabbage, shredded
400g can cannellini beans, rinsed and drained
200g green peas, shelled
salt and ground black pepper
grated parmesan, to serve

HEALTH BENEFITS:

Peas

- Peas supply protein and are a good source of iron and zinc, making them especially valuable for vegetarians who can miss out on these nutrients when they avoid meat.
- More fibre than most other vegetables. 100g provides a rich source of soluble fibre. This type of fibre helps regulate cholesterol levels.

Method:

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 and bring mixture to the boil, stirring occasionally, over medium-high heat.
3. Add cabbage and beans to pan and simmer, stirring occasionally, over medium-low heat for 1 hour.
4. Add peas to pan and simmer for 10 minutes or until peas are tender. Season with salt and pepper to taste. Ladle soup into serving bowls and top with grated parmesan. Serve with crusty bread, if desired.

Serves: 4–6

Preparation: 25 minutes

Cooking: 1 hour 25 minutes

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