



HEARTY VEGETABLE & BEAN SOUP



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Preparation 25 mins | Cooking 1 hour 20 mins | Serves 8

This soup freezes really well so it's worth making a big batch.

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 3 carrots, diced
- 2 celery sticks, finely chopped
- 2 medium Desiree potatoes, peeled and diced
- 2 small zucchini, halved lengthways and sliced
- 2 tbs tomato paste
- 400g can chopped tomatoes
- 8 cups chicken or vegetable stock
- ¼ small savoy cabbage, finely shredded
- 400g can cannellini beans, drained and rinsed
- ¼ cup flat-leaf parsley leaves, chopped
- Crusty wholegrain bread, to serve

STEP 1 Heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring often, for 3-4 minutes until tender. Add carrots, celery, potatoes and zucchini and cook, stirring often, for 5 minutes.

STEP 2 Stir in tomato paste and cook for 1 minute. Stir in tomatoes and stock. Cover and bring to the boil, skimming any froth from the surface. Reduced heat and simmer, stirring occasionally, for 30 minutes.

STEP 3 Add cabbage and cook for a further 30-35 minutes until vegetables are very tender and soup is thick. Stir in beans and cook for 5 minutes. Stir in parsley. Ladle into serving bowls and serve with crusty wholegrain bread.

Good for you... ONIONS

A rich source of a variety of natural sulphur compounds that may have health benefits. A source of dietary fibre which helps keep the intestine functioning normally and also vitamin C, which contributes to normal immune function. Onions provide small amounts of many minerals and vitamins that add to our daily intake of these essential nutrients.



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