

Italian vegetable soup



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Preparation 25 mins | Cooking 1 hour 30 mins | 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)
- ½ small Savoy or Chinese cabbage, shredded
- 400g can cannellini beans, drained and rinsed
- 200g green peas, shelled
- grated parmesan cheese, to serve

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

STEP 2 Stir in stock and tomatoes and reserved juice. Cover and bring to the boil, stirring occasionally, over medium-high heat. Add cabbage, partially cover and simmer, stirring occasionally, over medium-low heat for 1 hour.

STEP 3 Add beans and peas to soup and simmer for 5-10 minutes or until peas are tender. Season with salt and pepper to taste. Ladle soup into serving bowls, top with grated parmesan and serve.

Good for you... 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 normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.

