



# vegetable, bacon & pasta soup



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Preparation 25 | Cooking 50 mins | Serves 4-6

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 175g rindless shortcut bacon, trimmed and roughly chopped
- 2 medium carrots, diced
- 1 stick celery, thinly sliced
- 1 medium potato, peeled and diced
- 1 medium parsnip, peeled and diced
- 1 zucchini, diced
- 6 cups chicken stock
- 50g dried mini farfelle (bow-tie) or penne pasta
- 125g can red kidney beans, drained and rinsed
- 2 tbs chopped flat leaf parsley leaves
- Toasted bread, to serve

**STEP 1** Heat oil in a large saucepan over medium heat until hot. Add onion and bacon and cook, stirring often, for 4-5 minutes or until onion is tender. Add carrots, celery, potato, parsnip and zucchini and cook, stirring often, for 5 minutes or until vegetables are hot.

**STEP 2** Stir in stock. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, stirring occasionally, for 30 minutes. Stir in pasta and beans, 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.

## 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.*

