

SYDNEY MARKETS
Fresh for Kids

vegetable, bacon & pasta soup



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Preparation 20 mins | Cooking 50 mins | Serves 4-6

Finely chop the vegetables for young children and leave them chunky for older children and teenagers.

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 175g rindless shortcut bacon rashers, trimmed and chopped
- 2 carrots, diced
- 1 stick celery, thinly sliced
- 2 medium Desiree potatoes, peeled and diced
- 1 zucchini, diced
- 6 cups chicken stock
- 150g dried pasta (like orrechiette or mini penne)
- 2 tbs flat leaf parsley leaves, chopped

STEP 1 Heat oil in a large saucepan over medium heat until hot. Add onion and bacon and cook, stirring often, for 3-4 minutes or softened. Add carrots, celery, potatoes and zucchini and cook, stirring often, for 5 minutes or until vegetables begin to soften.

STEP 2 Stir in stock. Cover and bring to the boil, stirring occasionally, over medium-high heat. Reduce heat to medium-low, partially cover and simmer, stirring occasionally, for 25-30 minutes until vegetables are just tender.

STEP 3 Stir in pasta and cook for 10-15 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 if desired.

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.



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