

Vegetable & bean soup



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Serves: 4–6
Preparation: 20–25 minutes
Cooking: 1 hour 20 minutes

2 tbs olive oil
1 large onion, roughly chopped
3 carrots, roughly chopped
2 celery sticks, roughly chopped
2 medium potatoes, peeled and chopped
2 medium zucchini, chopped
1/4 small Savoy cabbage, finely shredded

2 tbs tomato paste
8 cups vegetable stock
salt and ground black pepper
400g can cannellini beans, drained and rinsed
1/3 cup roughly chopped flat-leaf parsley

1. Heat oil in a large saucepan over medium-high heat until hot. Add onion and cook, stirring often, for 3 minutes or until soft. Add carrots, celery, potatoes, zucchini and cabbage and cook, stirring often, for 5 minutes.
2. Stir in tomato paste and stock. Season with salt and pepper to taste. Cover and bring to the boil, stirring occasionally. Reduce heat to medium-low and simmer, stirring occasionally, for 1 hour.
3. Stir in beans and parsley, cover and simmer, stirring occasionally, for 10 minutes and serve.

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