

Zucchini, broccoli & white bean soup



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Preparation: about 20 mins **Cooking:** about 25 mins **Serves:** 4

Ingredients:

2 tbs olive oil
1 medium brown onion, chopped
2 garlic cloves, crushed
600g zucchini, roughly chopped
5¹/₂ cups chicken stock
2 x 400g cans cannellini beans, drained and rinsed
250g broccoli, trimmed and cut into small florets
1/3 cup torn basil leaves
salt and ground black pepper

Garlic toast

4 slices ciabatta or sourdough bread
olive oil cooking spray
2 garlic cloves, halved lengthways

Method:

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 5 minutes or until tender. Add zucchini and cook, stirring often, for 5 minutes or until vegetables begin to soften.
2. Add stock to pan. Cover and bring to the boil. Reserve ³/₄ cup cannellini beans. Add remaining beans and broccoli to soup. Cook, stirring often, for 5 minutes or until broccoli is just tender.
3. Using a blender or food processor, puree soup in batches until smooth. Return to the saucepan. Stir in reserved cannellini beans and heat, stirring occasionally, over medium heat until hot. Stir through basil and season with salt and pepper to taste.
4. To make garlic toast, spray both sides of bread with oil and rub with cut-side of garlic. Toast or grill until golden. Serve toast with soup.

Zucchini:

- An excellent source of vitamin C, a vitamin that helps keep gums, bones and blood vessels healthy.
- Provide folate, one of the B complex vitamins recommended for good health at all times but especially in the early weeks of pregnancy when it can reduce the incidence of some potential defects.