



# EASY MINESTRONE SOUP



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Preparation 25 mins | Cooking 1 hour 15 mins | Serves 6

- 2 tbs olive oil
- 2 garlic cloves, crushed
- 1 medium brown onion, finely chopped
- 2 medium carrots, peeled, halved lengthways and sliced
- 2 celery sticks, thinly sliced
- 2 cups finely shredded Chinese cabbage (Wombok)
- 2 medium zucchini, halved lengthways and sliced
- 4 cups beef or vegetable stock
- 810g can diced tomatoes
- 400g can cannellini beans, drained and rinsed
- Grated parmesan and toasted wholegrain bread, to serve

**STEP 1** Heat oil in a large saucepan over medium heat. Add garlic and onion and cook, stirring often, for 3-4 minutes until onion is tender. Add carrots and celery and cook, stirring often, for 3 minutes.

**STEP 2** Add cabbage, zucchini, stock and tomatoes. Stir to combine, cover and bring to the boil. Reduce heat and simmer, partially covered and stirring occasionally, for 1 hour.

**STEP 3** Stir through beans. Simmer for 5 minutes. Ladle into bowls and sprinkle with grated parmesan. Serve with toasted wholegrain bread.

## 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.*



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