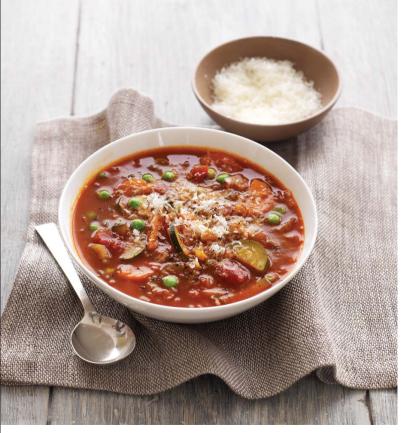
## Easy minestrone soup



Easy minestrone soup

Preparation:about 20 minutesCooking:about 1 hour 10 minutesServes:4

- 2 tbs olive oil
- 2 garlic cloves, crushed
- 1 onion, finely chopped
- 2 medium carrots, peeled, halved lengthways and sliced
- 2 sticks celery, thinly sliced

1/4 small Chinese cabbage, shredded

- 2 zucchini, sliced
- 4 cups beef stock

810g can peeled whole tomatoes, chopped 250g green peas, shelled Salt and ground black pepper Grated parmesan cheese, to serve

- Heat oil in a large saucepan over mediumhigh heat. Add, garlic and onion and cook, stirring often, over medium heat for 3–4 minutes until onion is tender. Add carrots and celery and cook, stirring occasionally, for 3 minutes.
- 2. Add cabbage, zucchini, stock and chopped tomatoes. Stir to combine. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, partially covered and stirring occasionally, for 1 hour. Stir in peas and cook for 5 minutes. Season with salt and pepper to taste. Serve soup with grated parmesan cheese.



## Cabbage

- An excellent source of vitamin C, which helps protect the body against infections.
- Provides folate, one of the B group vitamins that is needed by the nervous system and is especially important in the early stages of pregnancy.
- A good source of dietary fibre, which helps keep us regular.
- The darker the leaves, the higher the vitamin content.



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