

Minestrone Soup



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Preparation 30 mins | Cooking 1 hour 45 mins | Serves 6

- 2 tbs olive oil
- 1 large brown onion, chopped
- 2 garlic cloves, finely chopped
- 2 carrots, peeled and diced
- 2 sticks celery, thinly sliced
- 1 medium zucchini, chopped
- 2 medium potatoes, peeled and diced
- 6 cups beef stock
- 810g can diced tomatoes
- 2 cups shredded savoy cabbage*
- 400g can cannellini beans, drained and rinsed
- 1/3 cup flat-leaf parsley, chopped

**You'll need about ¼ small Savoy cabbage*

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 5 minutes. Add carrots, celery, zucchini and potatoes and cook, stirring often, for 5 minutes.

STEP 2 Stir in stock and tomatoes. Cover and bring to the boil over medium heat. Add cabbage, partially cover and simmer, stirring occasionally, over medium-low heat for 1 hour and 15 minutes. Stir in beans, cover and simmer for 15 minutes. Season with salt and pepper. Stir in parsley and serve.

Good for you... **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.

