

Zucchini, broccoli & cannellini bean soup



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Preparation 20 mins | Cooking 35 mins | Serves 4

2 tbs olive oil
1 brown onion, chopped
2 garlic cloves, crushed
600g zucchini, roughly chopped
5½ cups chicken stock
2 x 400g cans cannellini beans, drained and rinsed
250g broccoli, trimmed and cut into small florets
½ cup torn basil leaves
Grilled or toasted bread, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 4-5 minutes until tender. Add zucchini and cook, stirring often, for 5 minutes or until zucchini begins to soften.

STEP 2 Add stock and broccoli to pan. Cover and bring to the boil. Reduce heat and simmer for 15 minutes. Reserve ¼ cup cannellini beans. Add remaining beans to soup and cook, stirring often, for 5 minutes or until vegetables are just tender.

STEP 3 Using a hand blender, puree soup in batches until smooth. Stir in reserved beans and heat, stirring occasionally, over medium heat until hot. Stir through basil and season with salt and pepper to taste. Serve with grilled bread. Serve with steamed basmati rice and naan bread.

Note: The soup thickens on standing, add extra stock if necessary.