

Easy minestrone soup



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Preparation: about 20 minutes

Cooking: about 1 hour 10 minutes

Serves: 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
¼ 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

1. Heat oil in a large saucepan over medium-high 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.