

Tuscan vegetable soup



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Preparation 20 mins | Cooking 50 mins | Serves 4-6

- 2 tbs olive oil
- 1 brown onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 carrots, peeled and diced
- 1 celery stalk, chopped
- 1 zucchini, diced
- 1 large Desiree potato, peeled and diced
- Pinch dried chilli flakes
- 4 cups vegetable stock
- 8 sage leaves
- 400g ripe tomatoes, diced
- 3 stems cavolo nero or kale (about 100g), leaves trimmed and chopped
- 400g can cannellini beans, drained and rinsed
- Grilled sourdough bread and grated parmesan, to serve

STEP 1 Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring often, for 3-4 minutes until very soft. Add carrots, celery, zucchini, potato and chilli flakes. Cook, stirring for 4-5 minutes until vegetables begin to soften.

STEP 2 Stir in stock, sage and tomatoes. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, stirring occasionally, for 30-35 minutes or until vegetables are tender. Stir in cavolo nero or kale and beans and simmer for 5 minutes or until leaves are tender. Season with salt and pepper to taste. Serve soup with grilled bread and parmesan.

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.

