



## Wholesome vegetable soup

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This winter wonder is a great way of getting all the goodness that your body needs, and helps use those old vegetables in the fridge.

## Ingredients:

1 tsp oil	6 cups vegetable stock
2 onions, chopped	2 bay leaves
3 celery sticks, chopped	½ red capsicum, chopped
2 garlic cloves, minced	½ green capsicum, chopped
2 carrots, sliced	400g cannellini beans, tinned drained and rinsed
1 whole leek, sliced and rinsed well	Iodised salt and pepper to taste
2 cups broccoli florets	

## Directions:

Heat oil in the saucepan and brown the onions, garlic and celery. Add all of the other ingredients, except the capsicum and beans. Bring to the boil and then turn the heat down and allow to simmer with the lid on for 30 minutes before adding the last ingredients.

Simmer for a further 10 minutes before serving in a large bowl.

Serve with a slice of wholemeal toast or garlic bread.

## Cook's tip:

Cannellini beans provide protein which is good for the body and makes this soup a complete meal. Try using other beans, peas or lentils in your next soup or casserole.