

My own version

ULTIMATE VEGETABLE SOUP

Serves: 12 (about 4 litres)

Prep time: 20 mins

Cook time: 30 mins
(mostly unattended)



Chopping, chopping, chopping. And slicing. And shredding. The prep for this soup is what takes the time because you have to chop all the veges before you start. Once you've done that, it all simmers away on the top of the stove or in a slow-cooker without you having to do anything! And the chopping means it's ready in less time. You end up with a huge pot of this delicious soup to start your meal with

or to eat as a hunger-buster at any time. It's also a good way to consume lots of nutrients while cutting kilojoules (Calories).

Ingredients	Directions
1 tablespoon olive oil	1. Heat the oil in a large stockpot or saucepan (about 8-litre capacity) over medium-high heat. Add the garlic and leek and pan-fry for 2–3 minutes until translucent.
4 cloves garlic, crushed	
1 leek, trimmed, washed and sliced, white part only, or 1–2 onions, chopped	
2 carrots, finely sliced	
1 cup cauliflower florets	
½ cup broccoli florets	2. Add the carrots, cauliflower, broccoli, cabbage, celery and zucchini. Stir to coat in oil.
¼ cabbage, shredded or 1 cup (50 g) green beans, trimmed and halved	
1 stalk celery, sliced	3. Add the tomatoes. Pour in the stock and water and bring to the boil, then reduce the heat and simmer for 20–25 minutes or until the vegetables are just tender. Don't overcook. Add more water if you need to.
1 zucchini, sliced	
2 tomatoes, chopped	
4 cups (1 litre) salt-reduced vegetable or chicken stock	4. Stir in the beans, if using, and bring back to the boil, then reduce the heat and simmer for 5 minutes.
4 cups (1 litre) water	
1 x 400 g can cannellini or white beans, drained and rinsed (optional)	5. Serve immediately in bowls or cups.



Variations:

- ✓ If you love spicy fare, you can boost this recipe with a garnish of 1–2 chopped fresh chillies or a splash of chilli sauce before serving.
- ✓ For the veg, you can use whatever you have on hand and/or double the quantity you use. It's a great way of using up any bits hanging around in your fridge. You need a total of 12 cups in all of raw chopped vegetables.