



CANNELLINI bean soup



HEALTHYFOOD
STUDIO

INGREDIENTS

CANNELLINI BEAN SOUP

2 tbsp	Olive oil
3 med	Onions, finely chopped
2 med	Carrots, finely chopped
1 lrg	Leek, halved and thinly sliced
1 cup	Celery, finely chopped
1.5 L	Homemade or low sodium veg stock
1 bunch	Chives, chopped
250 ml	Tomato puree
4	Large fresh tomatoes, skinned, seeded and chopped into cubes
3 cups	Swiss chard
2 tins	Cannellini beans, drained and rinsed
Lrg pinch	Salt
Lrg pinch	Pepper
Pinch	Sugar

METHOD

CANNELLINI BEAN SOUP

- 01 Warm a large pot and add the oil. When the oil is hot add the onions and sauté for 5 minutes.
- 02 Turn down the heat slightly and add the carrots, leek and celery and cook for a further 5 minutes on a low heat.
- 03 Add the tomato puree, sugar and vegetable stock. Bring to the boil then turn down the heat and allow liquid to simmer for half an hour.
- 04 Add the beans, chopped tomato, Swiss chard and chives and cook for another 20 minutes.
- 05 If the soup seems too thin, remove about one cup of soup and puree finely in a food processor, then return it to the pot and cook for another 5 minutes.
- 06 Check the seasoning and serve.
- 07 Garnish with fresh chives.

INGREDIENTS

VEGGIE STOCK

2½ cups	Celery
3 med	Carrots
3 med	Onions
3 lrg	Leeks
1	Bouquet garni (bay, parsley, thyme, black pepper)
1 tsp	Olive oil
5 L	Cold water

METHOD

VEGGIE STOCK

- 01 Cut all the vegetables into rough blocks. Warm the oil in a large pot and sauté the vegetables, making sure that they soften, but don't colour.
- 02 Top up with cold water and add the bouquet garni.
- 03 Bring to the boil and reduce the heat to a simmer. Continuously skim the stock.
- 04 Simmer for about 30 minutes.
- 05 Strain through a fine sieve, discard the vegetables and cool the stock, before storing it in the refrigerator.
- 06 The stock can be reduced by two thirds and frozen in ice trays for general use in all cooking.