

Cabbage, cannellini bean and zucchini soup

Ingredients

- 1 onion peeled and chopped
- 2 garlic cloves peeled and chopped
- 2 tablespoons olive oil, plus extra to serve
- 1kilogram of zucchini grated
- 1 cabbage stalk removed and finely sliced
- 1 can 400 gram can white beans or 200 grams dried beans soaked overnight and cooked for 40 minutes
- 4 slices of bacon (optional)
- 1 handful of fresh soft herbs, thyme, oregano, parsley
- 1litre chicken or vegetable stock diluted in boiling water
- Salt and pepper

Method

1. Wash all veggies. Chop the onion and garlic. Grate the zucchini. Chop herbs, leaves only.
2. Rinse and remove the stalk from the cabbage and finely slice.
3. Slice the fat from the bacon and chop the rest into small pieces. In a medium size frypan heat 1 tablespoon of the olive oil on high and fry the bacon for about 5 minutes until crispy. Set aside.
4. In the same pan, heat the rest of the oil over a low to medium heat. Add the vegetables except the cabbage, season well with pinch of salt and pepper, then reduce the heat. Gently cook for about 5 mins until starting to soften, then add the stock and herbs.
5. Add the cabbage and beans. Simmer for a few mins until the cabbage is just tender, Whizz the soup in the food processor or with a stick blender until smooth, then season to taste with salt, pepper or more stock if needed and serve.

Serves 8 kids
