



CABBAGE SOUP

WHAT YOU NEED

- 2 tablespoons of olive oil
- 2 x carrots
- 1 x onion
- 1 x stick of celery
- 1 tin of flageolet beans in water
- ¼ of a cabbage
- a few green beans
- 1½ pints stock
- 1 tin of chopped tomatoes
- salt and pepper



HOW TO MAKE IT

Chop all the vegetables into bite-sized pieces. Warm the olive oil in large saucepan and add onions, carrots and celery. Cook slowly for about 10 minutes. Then add the cabbage, drained beans and green beans. Cook for another 5 minutes. Add the tin of tomatoes, stock, salt and pepper. Bring to the boil and simmer for 30 - 40 minutes.

TIP 😊

Add garlic and herbs for even more flavour. As long as you keep the base of carrots, celery, onion and cabbage, you can add any other vegetables, eg parsnips, cauliflower, broccoli or peas. And swap the flageolet beans for cannelloni beans, mixed beans, white beans or borlotti beans. Add chopped parsley and grated cheese to serve.

