



CREATE HEALTH

Health and Nutrition
Coaching

Chunky Veggie Soup

Comfort in a bowl; this hearty veggie minestrone-style soup is just what's needed to kick start your health in January



30 mins



6-8 portions



£0.66p per portion

Ingredients

- 25g butter
- 1 onion, diced
- 2 cloves of garlic, crushed
- 100g Kale-remove hard stems
- 1 red pepper diced
- 2 carrots diced
- 100g green beans chopped
- 100g broccoli diced
- 1 courgette
- 2 sticks of celery, diced
- 2tbsp tomato puree
- 1 litre of veg stock
- 1tsp oregano
- 1tsp dried thyme
- 1 can cannellini beans, drained
- 150g pasta stars*

*or any tiny pasta shapes

Instructions

- Melt butter in a large pan
- Add onion and garlic and soften
- Add all the other chopped veggies, except the kale, and coat in the butter
- Simmer with lid on until starting to soften
- Add in tomatoe paste, herbs, veg stock (use enough to cover the veggies), cannellini beans, kale and pasta shapes
- Continue to cook until the veggies and pasta are soft



Health Benefits

A new year treat for your gut as this soup is packed with nutrients and fibre galorie

- A great way to fill up with a variety of vitamins, minerals, enzymes, antioxidants and other nutrients that help you stay healthy, strong and full of energy
- Loaded with fibre which has numerous benefits;
 - makes you fuller for longer as it slows down digestion
 - slows down the absorption of sugar into bloodstream
 - Acts as a pre-biotic feeding your gut friendly bacteria
 - promotes regular bowel movement removing toxins from body
- Contains the rainbow - the more variety of colourful veggies the better
 - red: e.g., tomato - have antioxidants for a healthy cardiovascular system
 - white: e.g., onion - rich in flavonoids, useful for prevention of inflammatory conditions
 - green: e.g., kale - contain chlorophyll that protects the entire immune system
 - orange: e.g., carrots - contain beta-carotene, essential for healthy skin and vision

Mix and Match

- The great thing about this soup is that its purpose is to use up seasonal veggies - so mix and match with whatever you have going.
- Up the plant protein by adding other types of tinned beans - kidney, blackbean, white or butter would all work.
- You could use orzo rice instead of pasta shapes, or leave out completely. This soup is all up to you!