

## HEARTY POTATO & VEGETABLE SOUP



**Serving:** 4-6

### INGREDIENTS

- 2 large Potatoes, with skin (360g), cubed
- 1 Tbs. Canola Oil
- 1 medium onion, finely chopped
- 1 garlic clove, crushed

- 1 tsp. thyme leaves
- 500g mixed vegetables such as leeks, carrots, butternut, cauliflower
- 1 tin cannellini beans, rinsed and drained
- 1.2 litres vegetable stock
- 1 tsp. fresh chives, chopped
- ½ tsp. salt
- Freshly ground black pepper

## INSTRUCTIONS

In a deep pot, fry the onion for a few minutes in the Canola oil before adding the garlic, thyme and potato. Sauté for 2-3 minutes until onion is glossy and potatoes are starting to change colour. Add the vegetables and cook for a further 10 minutes before adding the stock. Bring to a gentle simmer and cook for 30-40 minutes until vegetables are soft. Blend the soup until smooth and then put back on the heat. Stir through the cannellini beans and chopped chives, season with salt and pepper and simmer for 5 minutes to heat through the beans. Serve topped with an extra sprinkle of chives.

## HEALTHY TIP!

Cannellini beans are a rich source of soluble fibre which helps you to feel fuller for longer. Soluble fibre also binds and traps cholesterol in the gut to be excreted. In this way, soluble fibre can help to lower cholesterol and contribute to improved heart health.

## Nutrition Information per serving:

<b>Energy (kJ)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fibre (g)</b>	<b>Added Sugar (g)</b>
872	5.9	29.4	6.9	0
<b>Total Fat (g)</b>	<b>MUFA (g)</b>	<b>PUFA (g)</b>	<b>SAFA (g)</b>	<b>Sodium (mg)</b>
4.2	2.2	1.3	0.4	285