



Food Discovery Green Vegetable Soup

Enough for 4-6 grown ups

Ingredients

2 tablespoon of oil
3 cloves of garlic, peeled and grated
1 leeks, washed and chopped
½ teaspoon dried oregano
Leaves from 3 sprigs thyme
500g broccoli, chopped
¼ of a cabbage, chopped or torn into pieces
1 litres of vegetable stock (with 2 stock cubes)
A 400g can of cannellini beans
100g spaghetti, broken into 3cm pieces

Method

- Heat the oil in a large pan.
- Fry the leeks for about 5 minutes until they're softened.
- Stir in the garlic and herbs and broccoli and fry for another minute.
- Carefully pour in the stock and add the beans and spaghetti and stir.
- Cover the pan and simmer for 10 minutes.
- Add the cabbage
- Simmer for 5 more minutes.
- Serve in bowls and add a handful of grated cheese and enjoy with toast or crusty bread