

Zucchini & White Bean soup

Ingredients:

1 tablespoon oil

1 brown onion, finely chopped

3 cloves garlic, crushed in mortar & pestle

2 sprigs spring onion, chopped

½ teaspoon fresh thyme

2 medium sized zucchinis, chopped

1 medium sized carrot, diced small

1 can white beans (cannellini beans), drained

2 litres water + 2 teaspoons vegeta mixed in (this makes our stock)

1 teaspoon salt & pepper

Method:

- Heat oil in a large pot on medium heat. Add brown onion, spring onion, garlic and thyme. Cook until onion is soft.
- Add zucchini, carrot, white beans, stock, salt and pepper.
- Bring soup to a boil, reduce heat and simmer for 20minutes until thick. If soup is too thick you can add more stock.
- Serve into 4 large bowls.