

Hearty Winter Vegetable Soup

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 1 rutabaga, peeled and cut into chunks
- 4 large carrots, peeled and cut into chunks
- 3 sprigs thyme, leaves removed and roughly chopped
- 850ml vegetable stock
- 500ml semi-skimmed milk
- 2 410g cans mixed beans in water, drained

For stovetop

Heat the oil in a large saucepan, then gently soften the garlic without colouring. Tip in the rutabaga, carrots and two-thirds of the thyme, then pour in the stock and milk. Bring to the boil, then simmer for 15 minutes.

For blender








Ladle a third of the soup into a blender, whizz until smooth, then pour back into the pan along with the beans. Check for seasoning, then return to the heat and warm through. Serve sprinkled with the remaining thyme and some warm, crusty bread rolls.


February 2015

"A recipe has no soul. You as the cook must bring soul to the recipe" - Thomas Keller


Did you know:

It is recommended that you eat five servings of fruits or vegetables a day. One serving is about half of a cup.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 	4 	5 	6 	7
8	9	10 	11 	12 	13	14
15	16 Family Day	17 	18 	19 	20	21
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