

Vegetable and Bean Soup

Season: Autumn

Type: Side

Serves: 28 tastings

From the garden: Zucchini & oregano

Class focus: Stripping oregano leaves off the stems
& chopping vegetables



Equipment:	Ingredients:
<p>Large saucepan x 1 Wooden spoon x 1 Whisk x 1 Chopping boards and knives Measuring spoons Measuring cups Serving bowl x 5 Small soup ladle x 5</p>	<p>1 onion (finely chopped) 2 garlic cloves (minced) 1 celery stalk (finely chopped) 1 zucchini (cubed – 1cm) 2 carrots (skin-on, finely chopped) 1 can Cannellini beans (beans & liquid all in) 4 sprigs oregano (leaves only) 8 cups hot water from the kettle 1 vegetable stock cube 1 tablespoon olive oil ¾ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients in a large saucepan and cook over medium heat for 25 minutes or until vegetables are softened.
4. Remove from heat and use a whisk to break up the vegetables in the soup.
5. Serve soup in 5 serving bowls with a small ladle in each.

Interesting terms:

Interesting techniques: stripping oregano leaves off the stems, chopping vegetables