

Bob's Vegetable Soup

Serves 6/8

Ingredients

List A:

1 Large Brown Onion
1 Large Carrot
1 Parsnip
1 Large Celery Stick
1 large Garlic Clove
½ cup of Olive Oil
Cracked Black Pepper
Salt
Oregano

List B

2 x 400g tin Crushed
Tomatoes
200ml Water

List C

Red Capsicum
Small Zucchini
4 Yellow Squash
100g chopped Green Beans

Method

Chop all ingredients in list A and sauté for at least 10 minutes until well cooked.
(This really brings out the depth of flavour in the soup).

Add the tomatoes and water and simmer for half an hour.

Chop all ingredients in list C and add to soup – simmer for a further 10 minutes.

Sprinkle with parsley (optional) and serve with warmed crusty bread – delicious!