

DINNERLY



Tuscan White Bean Soup with Cabbage



20-30 minutes



2 Servings

Warm up hungry bellies the Italian way. Chop up veggies, let them bubble away in a rich, tomatoey soup, then just add beans and enjoy. Buon appetito!

WHAT WE SEND

- 2 vegetable stock cubes
- 400g can cannellini beans
- 1 celery stick, 2 carrots
- 250g cabbage
- 390g pack diced tomatoes

WHAT YOU NEED

- boiling water
- olive oil
- sea salt and pepper

TOOLS

- sieve

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

May contain traces of allergenic ingredients.

NUTRITION PER SERVING

Energy 385kcal, Fat 10.9g, Carbs 40.4g, Proteins 17.2g



1. Prep vegetables

Peel the **carrots**, cut in half lengthwise, then thinly slice. Thinly slice the **celery**. Cut the **cabbage** into 2-3cm chunks.



2. Make stock

Crumble the **stock cubes** into a heatproof jug, add **750ml (3 cups) boiling water** and stir to dissolve.



3. Cook vegetables

Heat **1 tbs olive oil** in a medium saucepan over medium heat. Cook the **carrot and celery** stirring occasionally, for 5 mins or until softened slightly.



4. Add cabbage and stock

Add the **cabbage, stock and tomatoes**, cover and bring to the boil. Reduce the heat to low and cook for 10 mins or until the vegetables are tender.



5. Serve up

Meanwhile, drain and rinse the **beans**. Add to the soup and cook for 5 mins until beans are warmed through. Season with **salt and pepper**, then divide the soup among bowls to serve.



6. Make it yours

Partner with crusty bread rolls (recipe may now contain gluten) for mopping up the last bits of the soup.