

# Vegetable soup

**This is a healthy twist on a hearty warm vegetable soup**

## **Ingredients (organic where possible)**

- 1 tsp Extra Virgin Olive Oil or Coconut oil
- 2 cloves of garlic
- 1 medium red onion
- 1 ¼ cups of asparagus
- 3 cups of chopped kale
- 3 medium carrots sliced thinly
- 2 cups of low sodium vegetable stock
- 1 can of organic diced tomatoes
- 1 can of white beans, rinsed
- ½ cup of sweetcorn
- Herbs (oregano, rosemary and thyme)

## **Instructions**

Heat oil in a large wok type pan on a medium heat, add the onion and garlic, stirring occasionally for 3 to 4 minutes

Add the asparagus, kale and carrots, stirring frequently for 4 to 5 minutes or until carrots soften and kale is wilted. Add stock, tomatoes (with juice), beans and sweetcorn and bring all contents to the boil, then reduce heat to medium-low and cook for 5 to 6 more minutes. Season with the herbs, serve and enjoy!