

## Vegetable Soup with a taste of Tuscany

Serves 4

2 tbsp olive oil or your oil of choice

2 celery sticks, chopped

2 leeks, sliced

3 carrots, sliced

2 garlic cloves, crushed

14oz chopped tomatoes, canned, frozen, fresh

5 cups vegetable stock

14oz white bean, cannellini, kidney, navy, northern or pulses. Rehydrated dry beans, frozen or canned and rinsed

1 tbsp pesto

Salt and fresh pepper to taste.

Extra vegetables can be added to soup to make it even more substantial. For example zucchini, shredded cabbage for the last 5 minutes of the cooking time.

1. Heat oil in large pot. Add the celery carrots, leeks and garlic and cook gently for 5 minutes until they have softened.
2. Stir in the tomatoes and stock. Bring to the boil, then cover and cook gently for 15 minutes.
3. Stir in the beans and pesto, with salt and pepper to taste. Heat through for a further 5 minutes.

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