



Hearty leftover vegetable tomato soup

Recipe by Kirsten Bacon

INGREDIENTS

- 1 onion, diced
- 2 cloves garlic, crushed (optional)
- 2 tablespoons good olive oil
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 zucchini, chopped
- 1–2 cups leftover vegetables (broccoli, cauliflower, pumpkin, sweet potato, beans, spinach, peas, corn, capsicum, mushrooms etc)

DIRECTIONS

1. Heat the olive oil in a large saucepan and gently cook the onion and garlic for 3–4 minutes until softened.
2. Add the carrots and celery and cook for another 5 minutes.
3. Stir in the tomato paste and cook for 1 minute to deepen the flavour.
4. Add the diced tomatoes, stock, herbs and all the remaining vegetables.
5. Bring to the boil, then reduce to a gentle simmer for 25–30 minutes, until the vegetables are tender.
6. Add beans, cooked pasta, rice or lentils during the last 5 minutes if using.



Sundays

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INGREDIENTS

- 2 tablespoons tomato paste
- 1 x 400 g tin diced tomatoes
- 4 cups vegetable or chicken stock
- 1 teaspoon dried mixed herbs or Italian herbs
- Salt and pepper, to taste
- Optional: 1 can cannellini beans or kidney beans, chopped up leftover roast meat or a handful of cooked pasta, barley, rice or lentils for extra heartiness.

DIRECTIONS

7. Taste and season with salt and pepper. Leave chunky or blend part of the soup for a thicker texture.

Tips

Add a handful of spinach or kale just before serving. Stir through a little grated Parmesan for extra richness.

Serve with crusty bread or toast

This soup freezes beautifully, making it perfect for busy days.

The beauty of this soup is that there are no strict rules. It's a delicious way to reduce food waste while creating a nourishing meal that's packed with vegetables and flavour. Every one you make will be slightly different depending on what's left in your fridge, and that's exactly what makes it special. Enjoy and be nourished .



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