



## Photos And Tips Above

Most of my recipes have step by step photos and useful tips plus videos too, see above.

# Easy winter vegetable soup recipe

## Karon Grieve

a super easy rich and hearty vegetable soup that will fill you up and warm your heart in the chilly winter months

★★★★★ 4.15 from 21 votes

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PREP TIME

10 mins

COOK TIME

40 mins

TOTAL TIME

50 mins



COURSE

Soup

CUISINE

British

SERVINGS

8 people



CALORIES

232 kcal

## INGREDIENTS

- ☐ 3 tbsp olive oil
- ☐ 1 onion **chopped**
- ☐ 3 carrots **chopped**
- ☐ 2 sticks celery **chopped**
- ☐ 1 parsnip **peeled and chopped**
- ☐ 1 small sweet potato **peeled and chopped**
- ☐ 2 large potatoes **chopped**
- ☐ 2 cloves garlic **minced**
- ☐ 1/2 tbsp dried thyme **or 1 tbsp fresh thyme**
- ☐ 400 g cannellini beans **canned**
- ☐ 400 g canned tomatoes
- ☐ 600 ml vegetable stock **or chicken stock**
- ☐ 250 g green cabbage **chopped**

- ☐ 150 g fresh spinach
- ☐ Salt and pepper **to taste**

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## INSTRUCTIONS

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- 1 Heat the oil in a large saucepan and cook the onion, carrots and celery, parsnip and both types of potatoes (don't bother to peel these as the skins add flavour and vitamins) for 10-15 minutes, stirring frequently. Add the garlic and thyme and cook for a further 2 minutes.
- 2 Drain and rinse the cannellini beans and add these along with the tomatoes and stock.
- 3 Bring to the boil and simmer for 20 minutes. Add the cabbage and spinach and season well with salt and pepper. Cook for a further 5 minutes.
- 4 Serve with a spoonful of pistou and a sprinkling of freshly grated parmesan cheese and some crusty bread on the side.

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## NOTES

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Chopping the vegetables; I have said roughly chop these veggies as they don't need to be in a tiny dice or anything. Just try to keep your veggie pieces about the same size when chopping them so they cook at around the same time.

I kept the skin on the potatoes, its full of nutrients.

You can use frozen spinach but defrost first and squeeze out excess water.

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## NUTRITION

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Calories: 232kcal	Carbohydrates: 42g	Protein: 7g
Fat: 6g	Saturated Fat: 1g	Polyunsaturated Fat: 1g
Monounsaturated Fat: 4g	Sodium: 535mg	Potassium: 944mg
Fiber: 9g	Sugar: 8g	Vitamin A: 8240IU
Vitamin C: 46mg	Calcium: 122mg	Iron: 4mg

### My Top Tips



\*Always read the full recipe first. \*Assemble all your ingredients and everything you need before you start. \*For baking check the size of tins I'm using as this makes a big difference to your cakes. \* I use medium sized eggs unless otherwise stated. \* I use extra virgin olive oil unless otherwise stated. \* I use unsalted butter unless otherwise stated. \* Check out [My Preserving Kit!](#)

