



White Bean Soup with Winter Greens

What to collect

Ingredients	Equipment
6 tablespoons olive oil	chopping board
2 onions	1 large saucepan
4 cloves garlic	metric measuring spoons and cups
4 celery stalks	knife
4 x 400g cans white beans	1 medium saucepan
4 tablespoons tomato paste	serving dish
2 litres vegetable stock	grater
Sea salt & black pepper	frying pan
To finish:	
4 tablespoons extra virgin olive oil	
1 kg silverbeet or spinach	
4 tablespoons parmesan,	

What to do

1. Chop up onion, set aside.
2. Finely slice celery and set aside
3. Finely crush garlic and set aside.
4. Heat up vegetable stock in medium saucepan.
5. Heat the olive oil in a large pot, add the onion, celery and garlic and cook for 10 minutes until softened.
6. Drain and rinse the beans and add to the pot with the tomato paste, hot stock and water.
7. Cook gently, stirring occasionally for 20 minutes.
8. Taste for salt and pepper.
9. Remove a ladleful of the beans and mash them and then return to the soup to thicken it.
10. For the greens, heat the oil in a frying pan, add the leaves and a dash of water and cook over high heat, tossing constantly, until just wilted. Drain well and roughly chop.

11. Serve the soup, top with greens and a sprinkle of parmesan.