

Healthy Slow Cooker Tuscan Bread Soup



Ballarat Health Services

Ingredients

- 2 teaspoons olive oil
- 1 brown onion, finely chopped
- 2 carrots, peeled, chopped
- 2 celery sticks, trimmed, chopped
- 2 garlic cloves, crushed
- 1 teaspoon fennel seeds
- Pinch of dried chilli flakes
- 400g can crushed tomatoes
- 400g can cannellini beans, rinsed, drained
- 1L (4 cups) vegetable liquid stock, low salt
- Bouquet garni (4 fresh or dried bay leaves, 4 fresh sprigs thyme, 2 fresh sprigs rosemary)
- 200g cavalo nero (Tuscan cabbage), stem removed, leaves shredded
- 2 thick slices Italian bread (pane di casa), lightly toast-ed, torn into chunks
- 40g (1/2cup) finely grated par-



Method

- **Step 1:** Set a 5L slow cooker to Browning. Heat oil. Cook onion, carrot and celery for 5 minutes or until tender. Add garlic, fennel and chilli. Cook for 1 minute. Add tomato, beans, stock and bouquet garni. Season. Change cooker setting to High. Cover. Cook for 3-4 hours or until vegetables are almost tender.
- **Step 2 :** Stir in cavalo nero, bread and parmesan. Cover and cook on High for 30 minutes or until soup has thickened slightly. Stir in lemon juice, to taste.
- **Step 3:** Serve topped with parsley, lemon zest and extra parmesan.

Easy Peasy and
full of fibre

Source: taste.com.au